

Keeping your child safe online: understanding the risks

Netflix's recent drama series 'Adolescence' has sparked conversations about safeguarding young people. This hard-hitting show highlights hidden dangers and risks facing our children, especially around online interactions.

We understand that many parents and carers might have questions or concerns following the series. At Phoenix, we are here to support you.

Key Topics to Be Aware Of:

Emoji Meanings:

Internet and Online Safety:

Recognising Harmful Online Cultures:














































































Emoji Meanings:

This list shows common street drugs and their associated emojis .

PERIODIC TABLE OF SINISTER EMOJIS BY AMIT KALLEY

For
Working Parents

WWW.FORWORKINGPARENTS.COM

DRUGS		VIOLENCE		SEX										EXTREMISM		SELF-HARM		INCEL		
 Cocaine	 Cocaine	 Cocaine	 Cocaine	 Marijuana	 Marijuana	 Weapon	 Weapon	 Penis	 Penis	 Bum	 Swinging	 Nudes	 Cutting	 Neo-Nazi	 100	 Cocaine	 Cocaine	 Incel	 Incel	
 Marijuana	 MDMA	 Crime	 Crime	 Penis	 Penis	 Bum	 Swinging	 Nudes	 Cutting	 Neo-Nazi	 100	 Cocaine	 Cocaine	 Neo-Nazi	 1488	 Anti-Woman	 Cocaine	Cocaine	Incel	Incel
 MDMA	 Ketamine	 Murder	 Murder	 Genitalia	 Vagina	 Vagina	 Oral Sex	 Porn	 Burning	 Neo-Nazi	 1488	 Anti-Woman	 Cocaine	 Cocaine	 Anti-Woman	Cocaine	Cocaine	Incel	Incel	
 Mushrooms	 Heroin	 Threat	 Locked Up	 Lust	 Lust	 Lust	 Oral Sex	 Orgasm	 Feeling Low	 IS Extremism	 Anti-Woman	 Cocaine	Cocaine	IS Extremism	Anti-Woman	Cocaine	Cocaine	Incel	Incel	
 NO2	 Dealer	 Trap Music	 Snitch	 Intercourse	 Intercourse	 Fingering	 Anal Sex	 Orgasm	 Not Eating	 IS Extremism	 Anti-Woman	Cocaine	Cocaine	IS Extremism	Anti-Woman	Cocaine	Cocaine	Incel	Incel	

Emoji Meanings:

Online, young people are communicating in ways that most adults completely miss. What looks innocent could have a much darker meaning. Here are some of the codes being used:

● **Red Pill** – “I see the truth.” Used in toxic male spaces to mean waking up to supposed hidden ‘truths’ about women and society, often linked to misogynistic ideologies.

● **Blue Pill** – Represents those who are “blind to the truth” or still believe in mainstream views about relationships and gender dynamics.

💣 **Dynamite Emoji** – An “exploding red pill,” meaning someone is a radicalised incel.

🍲 **Kidney Bean** – A symbol linked to incel culture, sometimes mocking women.

100 **100 Emoji** – Tied to the “80/20 rule,” the belief that 80% of women are only attracted to 20% of men.

♥️💜🧡💖🧡 Heart Colours – Not just about love!

♥️ = Love

💜 = Lust

🧡 = “Are you interested?”

💖 = Interested but not in sex

🧡 = “You’ll be okay”

Follow the link for more:

[The emojis from Netflix
Adolescence all parents ‘need to
know’ | Metro News](#)

Internet and Online Safety:

Talking regularly about internet safety with your child is essential to protect them from online dangers and to help them make safe choices.

For further guidance and useful resources, please refer to this NSPCC article.

[Teaching Your Child about Internet & Online Safety | NSPCC](#)



Recognising Harmful Online Cultures:

It's important for parents and carers to remain alert to the signs of young People engaging with harmful online communities, such as 'Incel' culture. Being aware of these indicators allows adults to identify early warning signs, intervene appropriately, and provide essential support to help keep young People safe from potential harm

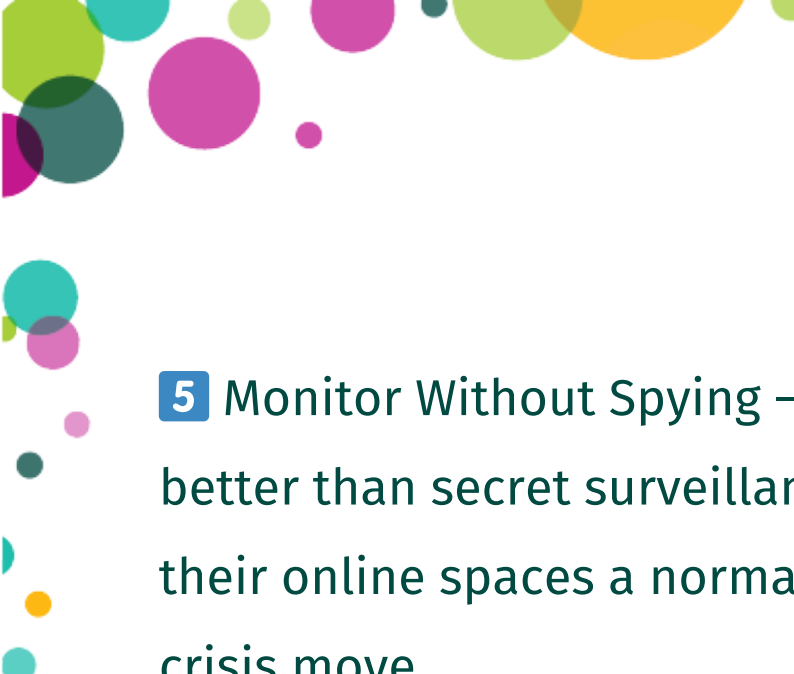
**This is what Childhub have
to say:**

Safeguarding: Be Vigilant for
Signs of Incel Culture



So what should parents and carers do?

- 1** Get Curious, Not Combative – Ask open-ended questions: “I saw something about emojis meaning different things. Have you heard of this?” Keep the conversation light.
- 2** Create a Judgment-Free Zone – If your child feels like they’ll be punished for opening up, they won’t. Make it clear you’re there to listen, not just lecture.
- 3** Decode Together – Ask them to explain their digital world. What do different symbols mean? Who are the influencers they follow? Don’t assume—ask.
- 4** Teach Critical Thinking – Help them question online content. “Why do you think some groups push this idea? Who benefits?” Arm them with questions, not just rules.



5 Monitor Without Spying – Open conversations work better than secret surveillance. Make checking in on their online spaces a normal part of parenting, not a crisis move.

6 Be Real About Manipulation – Explain how toxic online groups groom young people by making them feel special, included, or like they have ‘insider knowledge.’

7 Build Their Offline Confidence – The more they feel valued and confident in the real world, the less they’ll seek validation in dangerous online spaces.



Still have a question?

If you have any questions or need support, we encourage you to contact your school or college directly. Speaking with someone in person or over the phone can help you get clear, accurate information tailored specifically to your needs. Your school or college will have dedicated Team Members ready to offer guidance, answer your queries, and help you move forward confidently. Don't hesitate—reaching out today can make all the difference.

