

Parent's Guide

Understanding 'Adolescence'



The gap between **our childhood experiences** and those of our children has never felt wider.

The Netflix drama 'Adolescence' has sparked mainstream conversations about kids' access to technology and the powerful influence of the online world.

This guide aims to **bridge that gap**, helping parents understand the digital landscape their children navigate daily.

While **not exhaustive** (and constantly evolving), it provides essential knowledge—because when it comes to protecting childhood, **knowledge is power.**



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Background Information

The Manosphere

How Toxic Online Communities Target Young Men

The manosphere is an online network of websites, influencers, and bloggers promoting toxic masculinity and misogyny under the guise of **self-improvement** and **men's rights.**

This community, often linked to **far-right ideologies**, repackages outdated gender roles for the digital age, glorifying pick-up artists, incels, and men's rights activists while **blaming women** for societal issues.

Why Is It So Appealing to Young Men?

The manosphere attracts young men **who feel rejected**, **isolated**, or **frustrated**—whether due to romantic struggles, economic uncertainty, or a lack of direction.

These influencers offer a **misguided explanation** for these challenges, claiming that feminism and women's empowerment come at the **expense of men**.

Their messages, often **disguised as self-help** or empowerment, distort biological and social theories to create a **false narrative** of male victimhood.





The Manosphere

How Do They Recruit?

Many manosphere influencers start with mainstream content—such as **fitness tips**, **weightlifting motivation**, or general **self-improvement** advice—to draw in young audiences.

Once engaged, they **gradually introduce** more extreme views, pushing narratives of female inferiority and resentment towards women. Social media algorithms further **amplify this content**, trapping young men in a cycle of increasingly radical ideas.

Which Ideologies Does the Manosphere Promote?

Anti

- Women's rights
- LGBTQ rights
- Trans rights
- Vaccine

Pro

- Men's rights
- Anti-semitism
- Neo-masculinity
- Pro Putin
- QAnon
- Neo Nazism
- White Nationalist Movement
- Misogyny
- Ethno-nationalism
- Domestic violence

Key Influencers



Key Influencers in the Manosphere

Andrew Tate

An American
British kickboxer
turned-prominent
social media



influencer, known for promoting controversial right-wing views. Often referred to as the Top G.

Alongside his brother Tristan, is charged with human trafficking, rape and forming an organised crime group in Romania. He also has criminal investigations open in the UK and US.

Nick Fuentes

Nick Fuentes is an American far-right political pundit,



activist, and live streamer who promotes white supremacist, misogynistic, and antisemitic views. Fuentes has promoted antisemitic conspiracy theories against Jews and called for a "holy war" against them. He is a Holocaust denier.

Tristan Tate

The younger brother and business partner of Andrew Tate.



Also a former kickboxer turned social media influencer.

Also charged with multiple offences around the world.

Myron Gaines

Myron Gaines, cohost of the "Fresh and Fit" podcast



which markets itself as the No. 1 men's podcast in the world.

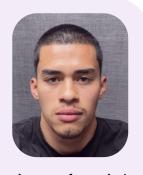
Gaines, aka Fit, offers men advice on everything from fitness to finance, sex to sobriety. He is a vocal proponent of the "Red Pill" philosophy that encourages men to wake up to the realities of the current dating scene. Author of the book "Why Women Deserve Less".

Key Influencers



SneakoNicolas "Nico"

Kenn De Balinthazy better known online as



SNEAKO, is an American far-right internet personality and self-proclaimed white nationalist. He is known for being a part of the manosphere, his association with Andrew Tate and promoting antisemitic views. Sneako is a

H. Pearl Davis

Hannah Pearl Davis, better known online as "JustPearlyThings"



or Pearl, is an American YouTuber and cultural political and commentator. self-described Α anti-feminist. she is known primarily for her cultural and political commentary relating to modern sex relations, dating and marriage.

Adin Ross

former Gamer.

Adin David Ross is an American internet personality



and online streamer. He is known for his collaborations with celebrities including Andrew Tate, Kanye West, Nick Fuentes and Donald Trump. He is a former Gamer.

Jordan Peterson

Jordan Peterson is a psychologist who promotes sexist and



anti-feminist ideas on YouTube – though he has denied being a misogynist.

He advocates against gender equality and in favour of traditional roles on the grounds that men and women are fundamentally different.

Key Influencers



Walter Weekes

Weekes is the "Fresh" part of the "Fresh & Fit" podcast with Myron Gaines.



They push alpha male ideology and dating strategies that are criticised for being misogynistic.

The Fresh and Fit account says that "simps, the government and society as a whole pedastalises sic women for having a vagina. Give them less so they respect you and give you more. Everyone else gives them more so you don't have to."

Hamza Ahmed

The British YouTuber Hamza Ahmed is the most prominent

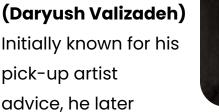


manosphere influencer in the UK, with 2.28 million people following his controversial advice on dating, health and making money.

Recent videos warn that men are "more feminine than ever" and suggests that men "should not show emotion".

(Daryush Valizadeh) Initially known for his

Roosh V





shifted towards traditionalist views, criticising modern feminism and promoting conservative gender roles. He is known to be pro-rape.

Paul Elam

Founder of "A Voice for Men," a website central to the



Men's Rights Movement, advocating against feminism and highlighting issues faced by men.

Understanding 'Adolescence' Glossary of Terms



Understanding the Language

Understanding this language is key to recognising when young men are potentially being drawn into these **harmful online spaces**.

Parents, educators, and mentors should be aware of these terms and have **open conversations** with young people about their online influences.

If you start to hear any of these terms being used - it is a **big warning sign** that your child is being exposed to or served this type of content.

However, just because they are not using this language openly, **does not mean** they are not being exposed to it online.

Teaching boys **critical thinking skills**, emotional resilience, and positive role models can help counter the toxic narratives of the manosphere.





Glossary of Manosphere Terms

This glossary outlines commonly used terms in the manosphere – Understanding these terms can help parents, educators, and mentors recognise when young men may be engaging with these harmful communities.

A

AWALT (All Women Are Like That)

A phrase used to suggest that all women are manipulative, untrustworthy, and hypergamous (seeking the most dominant or wealthy partner).

Alpha Male

A term used to describe a dominant, assertive, and highly successful man who supposedly attracts women effortlessly.

Alpha Widow

A derogatory term for a woman who previously dated a high-status man and is now considered unable to be satisfied by "lesser" men.

Glossary of Terms



B

Beta Male

A man seen as weak, submissive, or lacking dominance; often ridiculed within manosphere spaces.

Black Pill

An extreme ideology claiming that success with women is entirely based on genetics and appearance, and that some men are doomed to failure in relationships.

C

Chad

A term for an attractive, confident man who is supposedly effortlessly successful with women. Often used in an envious or resentful tone.

Cock Carousel

A term used to claim that women in their younger years have multiple partners before settling down with a "beta male" for stability.

Briffault's Law

A pseudo-scientific claim that "the female, not the male, determines all conditions of the animal family," used to justify the belief that women exploit men.

Bugman

A derogatory term for men who embrace progressive values, feminism, or modern societal norms, implying they are weak and subservient.

Cope

A dismissive term used to invalidate someone's perspective, implying they are making excuses rather than accepting "harsh truths" about male-female dynamics.

Cuck

Short for "cuckold," used as an insult for men who are seen as submissive, weak, or feministaligned.

Glossary of Terms



D

Divorce Rape

A term implying that family courts unfairly favour women in divorce settlements, financially ruining men.

Doberman Wife

A derogatory term for a controlling or "unattractive" wife, suggesting she dominates her husband.

Dread Game

A manipulation tactic used in relationships to make a woman fear losing her partner, forcing her to behave submissively.

Ε

Eldar's Law

A made-up "law" stating that women seek dominance over men, leading to societal collapse if not controlled.

Eggs are Expensive, Sperm is Cheap

A phrase used to justify the belief that men should be allowed to be promiscuous, while women should remain sexually pure.

F

Femoid (or Foid)

A dehumanising term for women, suggesting they are biologically programmed to exploit men.

Frame

A concept that encourages men to always maintain control in a relationship, ensuring that a woman conforms to his expectations.





G

Glow-Up

A self-improvement journey often encouraged as "revenge" against women who previously rejected a man.

Gold Digger

A term used to imply that women only seek relationships for financial gain.

Gynocentrism

A belief that modern society is centered around benefiting women at the expense of men.

Gymcel

A term combining 'gym' and 'incel', referring to men who work out to increase their attractiveness, sometimes as a way to 'punish' women for not previously wanting them.

Н

High-Value Man

A man who is wealthy, powerful, and dominant, seen as the ultimate goal in manosphere ideology.

Hypergamy

The belief that women are biologically wired to seek out the highest-status men, often used to justify controlling female behaviour.

Glossary of Terms



Incel (Involuntary Celibate)

A term originally used by men who feel romantically unsuccessful, but now often associated with extreme misogyny and resentment toward women.

Iron Rule of Tomassi

A set of principles from "The Rational Male," advocating male dominance in relationships.

J

JBW (Just Be White)

A racist term implying that being white gives men an advantage in dating.

L

Looksmaxing

The idea that a man can only improve his life by radically changing his appearance through fitness, surgery, or grooming.

Lumbersexual

A sarcastic term for men who adopt a rugged, outdoorsy look but are still considered "beta."

Glossary of Terms



M

MGTOW (Men Going Their Own Way)

A movement encouraging men to completely disengage from relationships with women, believing that modern women are unworthy of partnership.

Mogging

The act of "dominating" other men in attractiveness, success, or social status.

Monkey Branching

A term used to claim that women leave relationships only when they have secured a "better" partner.

N

Negging

A manipulation technique where backhanded compliments or subtle insults are used to lower a woman's self-esteem and make her seek approval.

No-Fap

The belief that avoiding masturbation increases testosterone, confidence, and attractiveness to women.

Glossary of Terms



P

Pick-Up Artist (PUA)

Men who claim to teach dating strategies that rely on manipulation, emotional control, and scripted techniques to attract women.

Plate Spinning

A practice of dating multiple women at once to avoid commitment and maintain control.

Post-Wall

A term used to suggest that a woman has lost her attractiveness after a certain age (typically late 20s or 30s).

Preselection

The idea that women are more attracted to men who already have female attention.

Purple Pill

A term used for men who acknowledge some manosphere ideas but still engage in relationships with women.

Q

QAnon

A far right conspiracy theory, centred on anonymous claims that the world is controlled by a group of pedophiles and cannibals, made up of politicians (mostly Democrats), mainstream media and Hollywood entertainers.

President Trump is a hero of the QAnon movement.

It includes largely Antisemitic conspiracy theories about Jewish elites, and is often shared in the manosphere.

Glossary of Terms

Roastie

partners.



men

R

Red Pill

The belief that men must "wake up" to the reality that feminism has oppressed them and that women cannot be trusted.

Rage Baiting

Content designed to stoke male anger and frustration, blaming women and feminism for societal problems.

Romantic Industrial Complex A phrase used to claim that

modern culture pressures

A derogatory term used to shame

women for having multiple sexual

relationships that benefit women at their expense.

S

Sigma Male

A supposed "lone wolf" male who rejects societal expectations and is seen as superior to both alpha and beta males.

Simps/Simping

A term used to shame men who show kindness, respect, or emotional investment in women.

Sexual Market Value (SMV)

A rating system used to rank desirability people's in relationships, often demeaning and objectifying.

Stacy

A term for an attractive woman who is supposedly shallow and interested in chads reinforcing the idea that women overlook 'good men'.





Т

The Wall

The age at which a woman is considered to have lost her attractiveness and relationship value (typically late 20s or 30s).

Trad Wife

A term used to promote traditional gender roles where women are expected to be submissive homemakers.

Tyrone

A racialised term used to describe an attractive black man who supposedly has effortless success with women.

THOT (That Hoe Over There)

A term used to shame women for expressing sexuality or independence.

W

Western Women

A derogatory term used to describe women in Western societies as entitled, corrupted by feminism, and lacking traditional values.

White Knight

A man who defends women, often ridiculed as weak or naive.

Women Age Like Milk, Men Age Like Wine

A saying used to argue that women become less attractive with age, while men become more desirable.

Wokie

A derogatory term describing anyone aware of social injustices.

Understanding 'Adolescence' Platforms



Platforms

When considering how manosphere content is found by young people, there are a number of issues to be aware of.

Served directly to them

Young people often don't go looking for this information - it gets served to them. But once they have viewed it, they get more and more of the same.

The problem with the manosphere content is not just that it is misogynistic - but that it is being served up by recommendation algorithms in enormous volumes.

Radicalisation

Often young people are drawn in by seemingly innocent content, such as lifestyle, exercise, diet, friendships etc.

Once the 'online' relationship is established, such as joining a group, signing up to an email or subscribing to a channel - the content they are served then evolves over time into something more sinister.

- Manosphere Influencers know how to exploit the platforms in terms of algorithmic manipulation.
- Many of the contraversial influencers go through a cycle of being 'deplatformed' where they get account bans and then re-instated.
- Being a contraversial influencer can be a very lucrative occupation.

Understanding 'Adolescence' Platforms



Platforms

Manosphere content can be found on **every single social media** platform. However, research shows (Dublin City University 2024) **TikTok** and **YouTube** bombard users with misogynist content



YouTube Shorts is full of 'redpill' content.

This is due to **poor content moderation**, and an algorithm that was intentionally developed to **compete with TikTok** (just like Instagram Reels'), optimising videos in an extremely fast manner.

The algorithm is constantly optimising for the things that it thinks you **want to watch**. You can very quickly end up with your feed in a particular place.



What separates **TikTok** from other platforms is how aggressively the algorithm optimises, and the volume of people uploading similar kinds of content.

Andrew Tate specifically encourages his audience to **upload videos of him**, resulting in Tate content flooding TikTok.

Tate also encourages his followers to post the **most controversial** content to provoke arguments - this encourages engagement, positive and negative.

- this means the things that cause people to argue get lots of views, comments and likes, and are shared by people who hate them.

Understanding 'Adolescence' **Platforms**



Platforms

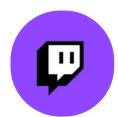
In addition to YouTube and TikTok - mysogynistic content is prevelant on most mainstream platforms including the following.

- Instagram
- X (formerly Twitter)
- KIK
- Twitch
- Reddit











There are other platforms such as **Rumble** that have very loose content moderation policies, which easily become breeding grounds for controversial, offensive and harmful content.





Emojis Specific to the Manosphere



Red Pill - Used in toxic male spaces to mean waking up to supposed hidden 'truths' about women and society "I see the truth".



Black Pill - The Black Pill mentality believes that looks are genetically determined, and that women choose sexual partners based solely on physical features ("lookism"), so whether or not a person will be an incel is predetermined.

For those who choose to accept their blackpilled fate, suicide is often presented as the most inevitable solution; it is also encouraged in misogynist incel communities, as a form of sacrificial violence and/or martyrdom.



The Blue Pill - Represents those who are "blind to the truth" or still believe in mainstream views about relationships and gender dynamics.



Dynamite - An "exploding red pill" meaning that someone is a radicalised incel. Incel is combination of the words "involuntary celibate." Incels are a group of heterosexual men who blame women and society for their lack of romantic success.



Kidney Bean - A symbol linked to to incel culture, sometimes mocking women. It is used to identify or self-identify as an incel.



100 Emoji - Tied to the "80/20 rule" the belief that 80% of women are only attracted to 20% of men. The belief is that you must trick a woman because you'll never get them in a normal way. 80 per cent of women are cut off. Using this terms suggests someone is an incel.



Emojis Specific to the Manosphere



Black Hole - Used to express depression, hopelessness, or being sucked into negative online spaces.



Red Heart = Love



Tornado - Represents chaos or feeling overwhelmed, sometimes used to indicate mental distress.



Purple Heart = Lust



The Frog - Associated with far right and extremist culture, often linked to Pepe the Frog, which has been co-opted by some toxic online groups.



Yellow Heart = Are you interested?



The Eagle - A symbol of extreme nationalism, sometimes used in far-right online spaces.



Pink Hearts = Interested but not in sex



Orange Heart = "You'll be OK"



The Skull - While can be used for "That's funny" or "I'm dead from laughing" in certain groups it can signal darker themes like self-harm.



Other Emojis Parents Need to Know



Goat - Greatest of all time.



Snake - Typically used to symbolize that someone is a "backstabber."



Octopus - Cuddles.



Smiling Face With Horns - In the mood to have a sexual encounter with someone.



Pizza - Can sometimes mean "I love you."



Fire - "Lit", "fire", or "sexy."



Woman Dancing - Expressing the desire to party hard.



Kitchen Knife - Expression of being in a bad mood or wanting to cause destruction.



Nail Polish - A response that indicates you're not bothered about something someone said about you.



Women With Bunny Ears - Can mean a girls' night out or as code for "sex worker."



Woman Tipping - Hand Used to express an exasperated "I don't even know what to think anymore."



Eggplant or Banana - Male genitalia. Illustrates the anticipation of a sexual encounter.



Other Emojis Parents Need to Know



Banana - Male genitalia. Often sent to illustrate the anticipation of a sexual encounter.



Peach - Represents a person's behind.



Avocado - "Basic."



Snowflake - Derogatory term to describe a young person who is easily offended or used to represent cocaine.



Clapping Hands - When used in between every single word in a sentence, it represents a passive-aggressive way of emphasizing something that people can't seem to understand.



Water Closet - "Woman crush."



Fishing pole - Fishing for a compliment.



Baseball cap - A lie or not true.



Fuel or Gas Pump - Marijuana.



Tree - Marijuana.



Herb - Marijuana.



Broccoli - Marijuana.



Four Leaf Clover - Marijuana.



Other Emojis Parents Need to Know



Green Check Mark - Marijuana.



Electric Plug - Represents a drug dealer.



Dashing Away - Can indicate that someone is running so hard they leave a trail of smoke behind them or serves as a symbol for vaping.



Love Hotel - Brothel.



Syringe - Represents getting a tattoo.



Face With Steam From Nose - Has been reported that drug dealers use this to symbolize that they have MDMA for sale.



Maple Leaf - Can be used to symbolize cannabis or drugs in general.



Rocket - Has been reported that drug dealers use this to symbolize that their products have a high potency.



Sweat Droplets - Represent an orgasm.



Raised Fist followed by Sweat

Droplets - Represents

masturbation.



Other Emojis Parents Need to Know



Eyes - Can be used to request that someone send an explicit picture.



Circus Tent - Represents an erection.



Microphone - Represents a male orgasm.



Grapes - Represents testicles.



Cherries - Represents breasts.



Open Mailbox With Raised Flag - Can sometimes mean sex.



Dizzy Face - Having just seen something x-rated.



An emoticon that means disapproval - Often used sarcastically.



Woman Gesturing OK - Represents a female orgasm.



Fingers pointing to each other -

The user is feeling shy.



Hand with a pencil - Reminder to take note or take the advice.



Drooling Face - Ecstasy (aka Molly).



Face with Open Mouth + Dashing

Away - Represents vaping or smoking.

Understanding 'Adolescence' Hashtags



Parents need to Know

Bullying	Drugs
#whatnottowear	#kush - weed
#losr	#420 - marijuana
#yousuck	#crow - marijuana
#extra	#tina - crystal meth
#getalife	#molly - MDMA or ecstasy
#tbh (to be honest)	#pre-ing - pre-drinking before a
#peoplewhoshouldoffthemselves	party
#roastme	#wired - high
#wtf - what the f***	#wavey - high
#derp - stupid	#merked - drunk
#butters - ugly	Flower emojis - drugs
#jelly - jealous	The green 🗸 emoji - marijuana
#subtweet - talking about	(looking for or able to provide)
someone but not using their	
@name	
#gokillyourself	Privacy
#bizzle - another word for b***h	Hashtags can compromise
#thot or #thotties - a	privacy. Connecting a hashtag to
promiscuous girl	personal information such as your
#yag - you are gay	hometown, your child's name, or
#beyouch - another word for	even #HappyBirthdayToMe can
b***h	provide valuable pieces of your

#rab - rude a** b***h

family's information.

Understanding 'Adolescence' Hashtags



Parents need to Know

Sex

#cu46 - see you for sex
<3 - love

#sex #love #follow #girl #girls

#ass #miami #music #beautiful

#gay #model #instagood

#beauty #summer #hiphop

#artist #fitness #losangeles

#women #fashion #followme

#life #passion

Self-Image

#thighgap - thigh gap#thinsp - thinspiration

Grooming

#GNOC - get naked on camera

#PIR - parent in room

#99 - parent gone

#MIRL - let's meet in real life

#TDTM - talk dirty to me

#KPC - keeping parents clueless

#WTTP - want to trade pictures

#NSFW - not safe for work

Self-harm

#sue - suicide

#cuts - self-harm

#deb - depression

#depression

#depressed

#svv - selbstverletzendes

verhalten or self-harming

behaviour

#secretsociety123 - a community

of people who engage in NSSH, or

non-suicidal self-harm

#blithe - non-suicidal self-harm

#suicidal #razors #harm

#selfharmmm #selfinjury #dead

#selfhate #worthless #broken

#heartbreak #useless #helpme

#sleepless #tears #killme #sick

#falling #cantsleep

Understanding 'Adolescence' Hashtags



Parents need to Know

Eating Disorders

#anas or #ana - anorexics

#proana = pro-anorexic

#mia - bulimia

#promia - pro-bulimia

#mias - bulimics

#ednos - eating disorder not otherwise specified

#imnotokay #bulimic #ed #bulimia
#fakesmile #eatingdisorder
#bonespo
#anorexic #anorexia #hipbones
#purge #worthless #anxiety
#helpme #binge #paranoia
#collarbones #blades

Red Flags

#chirped - got caught
#lmirl - let's meet in real life
#pron - Porn
#frape - Facebook rape;
posting to someone else's
profile when they leave it logged
in.
#nsfw - not safe for work (post
will include nudity, etc)
#livingdangerously - taking
selfies while driving or some
other unsafe behavior
#kikmessenger - let's talk on kik
instant message instead

Understanding 'Adolescence' Podcasts



Notable Manosphere Podcasts

The content produced by these influencers and podcasts often promotes misogynistic and far-right views - it's important to be aware of their potential influence.

The Red Man Group

A roundtable discussion featuring various manosphere figures discussing masculinity, men's rights, and critiques of feminism



The Rational Male

Hosted by Rollo Tomassi, this podcast delves into topics from his books, focusing on male-female relationships and male self-improvement from a manosphere perspective.



The MGTOW Podcast

Centered around the "Men Going Their Own Way" movement, discussing reasons for male disengagement from traditional relationships and societal expectations.



The 21 Report

Associated with the 21 Convention, this podcast features interviews and speeches from various manosphere influencers on topics like masculinity and personal development.



Understanding 'Adolescence' Podcasts



First Things Podcast

While not exclusively manosphere, it often features discussions aligning with traditionalist views on gender roles and critiques of modern feminism.



The Fresh & Fit podcast

Fresh & Fit Podcast describes itself as "the #1 men's podcast in the world," is a safe haven for its misogynistic listeners.

The show is hosted by "Why Women Deserve Less" author Myron Gaines and dating and lifestyle coach Walter Weekes.



The Manosphere Message

Anthony Wilson and David Galvez present a podcast for the the "common man" covering topics such as "Why women who get around don't make marriage material".







Here's how parents can respond to each question to guide their child toward critical thinking and safe online habits:

About Misinformation

"How do you decide if something you see online is true or not?"

Parent's Response:

"A good way to check if something is true is to ask: Where did this come from? Is it a trusted source, like a well-known news website or an expert? We can also compare it with other sources to see if they say the same thing. If something seems shocking or too good to be true, it's worth double-checking before believing or sharing it."

2 "Why do you think some people spread false or extreme ideas online?"

Parent's Response:

"Some people share false or extreme ideas to get attention, make money, or influence others. Sometimes, they might not even realize what they're sharing is misleading. That's why it's important to ask:

Who benefits from me believing this? If someone is trying to make you angry or scared, they might be manipulating the truth."





3 "What would you do if a friend believed something online that you thought wasn't true?"

🥊 Parent's Response:

"If a friend shares something that seems wrong, you could ask them, 'Where did you hear that?' instead of immediately saying they're wrong. You might suggest looking it up together on a trusted site. This way, you're not arguing—you're just checking facts."

4 "Have you ever changed your mind about something after learning more about it?"

🥊 Parent's Response:

"It's completely normal to change our minds when we get new information. Even adults do this! I've believed things in the past that turned out to be wrong. The important thing is being open to learning instead of just believing the first thing we see."

About Misogynistic Content

5 "Have you ever seen a post or video that felt unfair or negative toward girls or women?"

Parent's Response:

"There's a lot of content online that puts others down, and sometimes it can be disguised as humor. If you ever see something that makes you feel uncomfortable, we can talk about it. It's important to recognise when something is crossing the line from joking to being harmful."





6 "Why do you think some influencers say things that put others down?"

🥊 Parent's Response:

"Some influencers act this way because controversy gets more views, comments, and money. Unfortunately, negativity spreads faster than kindness online. But just because someone has a big following doesn't mean they're a good role model. It's okay to question their messages and unfollow people who spread hate."

7 "How do you think this kind of content affects the way people see themselves and others?"

Parent's Response:

"When we see the same negative messages over and over, it can start to feel normal, even when it's wrong. That's why it's important to fill our feeds with positive, respectful voices. If you ever feel like certain content is making you feel bad about yourself or others, we can look for better sources together."

8 "What would you say if someone repeated those ideas in a group chat or at school?"

🥊 Parent's Response:

"It can be tough to speak up, but even saying something small like 'I don't think that's true' or 'That's not cool' can make a difference. If it's making you or others uncomfortable, you can also leave the chat or talk to a teacher. You don't have to accept negativity just because it's online."