

# 2026 Digital Safety Guide

## Decoding Teen Slang, Emojis, and Acronyms for Parents and Educators

This guide is designed to help parents and educators understand the evolving digital landscape of 2026. Digital slang and codes often move faster than safety filters, making it essential for adults to stay informed.

## Monitoring & Parental Alert Codes

Teens use these specific acronyms to alert others when an adult is monitoring their activity or is nearby.

- CD9 / Code 9: Parents are around.
- POS: Parent over shoulder.
- PAW: Parents are watching.
- 9 / 99: Shorthand indicating a parent has entered or left the room.

## Mental Health & Concerning Phrases






These coded phrases are often used to discuss sensitive topics like depression or self-harm without triggering automated platform warnings.

- **Unalive**: To kill or die.
- **Sewerslide**: A phonetic workaround for "suicide".
- **"I had pasta tonight"**: A code indicating suicidal thoughts.
- **"I finished my shampoo and conditioner at the same time"**: Signals a serious mental health crisis or suicidal ideation.
- **Grippy sock vacation**: Reference to a stay in a psychiatric facility.

- **Menty b:** A mental breakdown.

# Emoji Codes for Risky Behaviors

Emojis are frequently repurposed as shorthand for drugs, alcohol, and sexual activity. While many uses are innocent, they are concerning when combined with secretive behavior.

Category	Emojis	Hidden Meaning
Drugs/Dealer		The "plug" (dealer), drug advertising, or high-quality product.
Substances		Marijuana (leaves/broccoli), Cocaine (snowflake), or Psilocybin (mushroom).
Pills		Oxycodone (blue circle), Percocet (P sign), or Xanax (school bus).
Sexual Content		Porn ("corn"), "noods" (nudes/pasta), or oral sex.
Innuendo		Common references to body parts.

# Popular Acronyms

Acronym	Meaning	Acronym	Meaning
BRB	Be right back	BTW	By the way
FOMO	Fear of missing out	GOAT	Greatest of all time
IYKYK	If you know you know	IRL	In real life
KMS	Kill myself	KYS	Kill yourself
STFU	Shut the f**k up	TBH	To be honest
WYA	Where you at?	WYD	What you doing?

## General Modern Slang (The "Vibe")

- **Cap** / 🗨️: A lie. "No cap" means being serious.
- **Ate**: Did something extremely well.
- **Chopped**: Looking unattractive or messy.
- **Gas** / 🔥: Something high-quality or amazing.
- **Delulu**: Delusional, often used regarding crushes.

## Platform Safety Concerns

Certain platforms require heightened vigilance due to their features and documented risks.

## The 2026 Dirty Dozen List (NCOSE)

- **Mark Zuckerberg (Meta):** Named personally as the primary individual responsible for Meta's harmful products. Under his leadership, Meta has actively created environments where child sexual abuse, grooming, and sex trafficking can occur, prioritizing profit and growth over child safety.
- **Snapchat:** Known to be a tool for sextortionists, sex traffickers, and child abusers. Features like 'My AI' and various engagement metrics are criticized for prioritizing growth over child safety.
- **TikTok:** Labeled as a contributor to sexual harm due to grooming pathways and weak safeguards.
- **Discord:** Continues to be listed (for the fifth time) because its features have allowed a darker side of the platform to flourish, including design features that permit predators to exploit private servers and group chats.
- **Telegram:** Noted for hosting online communities ('rape academies') where men trade videos of drugging and raping their partners. It's a breeding ground for illegal content, including sexual exploitation, due to insufficient moderation, with groups quickly reopening after being shut down.
- **X (formerly Twitter):** Flagged for its role in enabling the spread of harmful content, including child sexual abuse material (CSAM). NCOSE is suing the platform for allegedly knowingly possessing and distributing CSAM and profiting from the sex trafficking of minor boys.
- **Grok (xAI):** Included for its role in generating potentially harmful AI content. Its AI chatbots are programmed to engage in sexually explicit conversations, including abuse-themed sexual fantasies, and its child-focused chatbot, 'Good Rudi,' was found to be capable of writing sexually explicit erotica. It also lacks robust age verification and continues to fuel sexual exploitation by allowing the generation of sexualized deepfake images.
- **Steam:** The PC gaming platform lacks adequate age verification, allowing children easy access to sexually explicit and violent games. Children can view pornographic previews even when parental controls are active. It is also cited for normalizing sexual violence and abuse.
- **Amazon:** Included for its broader role in the ecosystem that facilitates access to harmful content or platforms.

- **Apple (App Store):** Hosts ads promoting 'nudify' apps that create AI-generated nude images, contributing to image-based sexual abuse. It is criticized for misleading parents with 'kid-safe' labels while hosting high-risk apps that connect minors with strangers.
- **Android:** Android OS does not default to safety for children. Researchers found that a fake 15-year-old on an Android phone could easily access pornography websites and have sexual conversations on AI chatbot apps rated 'T for Teen' by the Google Play Store.
- **Chromebook:** Included because predators have exploited school-issued Chromebooks to reach children.

Source: [Dirty Dozen List 2026 - NCOSE](#)

**This is NOT a complete list of platforms, apps, sites or systems. These have just been determined to be the worst of the worst when it comes to minors.**

## Important Context for Caregivers

Most digital slang and emojis are used innocently. These codes are most concerning when paired with sudden changes in a child's behavior, such as:

- Increased secrecy regarding devices.
- Falling grades.
- Social withdrawal.