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Extreme Environmental to Prevent Early-Onset Dissociation and Cognitive Paralysis Content Rating: The Case for Age-Gating Climate Crisis Content

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Abstract

To meet UN Sustainable Development Goals, climate crisis narratives have been integrated into media content under the assumption that early exposure to 'environment in danger content' equates to empowerment even though pre-frontal cortex of young brain is not developed to tackle existential threats. The researchers acknowledge the danger of Climate Change by anthropogenic activities but argue that unregulated dissemination of existential threat content to pre-adolescents is not catalyzing environmental activism but rather inducing Early-Onset Dissociation and Cognitive Paralysis in young brains.

The researchers referred to Yerkes-Dodson Law, which stipulates that stress can increase performance but only up to a certain level, after which the performance of the individual starts declining due to enormous stress and anxiety. A Digital Toxicity Meter to rate and label ecological content using colour based rating system, ranging from mild to extreme/gore, is suggested for Age-Gating climate content, particularly for pre-adolescent youths.

A mixed research methodology is adopted comprising doctrinal analysis and empirical inquiry with Universe 9 to 12 years of age as we examine the Mental Health Act, 2017 and UN Convention on the Rights of Child, 1989. It is intriguing to note that roughly 78% of the pre-adolescent youths targeted under the realms of this study constantly worry about the existing climate catastrophes and are under stress.

Keywords: Dissociation, Cognitive Paralysis, Environment in Danger Content, Digital Toxicity Meter, Pre-Adolescent youth, etc.

I. Introduction

The effects of Ecological crisis across the globe cannot be undermined in contemporary times. The ongoing climate catastrophe, caused primarily by anthropogenic activities, is affecting everyone, including young children. This has almost created a sense of fearmongering in these young minds, making them susceptible to stress and anxiety in contemporary times. Even social media seems to play an 'active role' in furthering this. The present study essentially focuses on the impact of 'social media' on these young and vulnerable minds who are prone to constant duress and anxiety[1]. It is also to be highlighted that young minds are quite impressionable and conscious of every occurrence in their vicinity, leading to stress and increased mental pressure. This surmounting pressure is known as '*Eco-Anxiety'* in contemporary times.

The researchers do not attempt to undermine the current existential crisis posed by ceaseless climate catastrophes instead, acknowledge the efforts poured in by civil society in this regard. However, the exaggeration of the same on social media handles triggers 'emotions' within such young minds, and they start acting rashly or go astray, at times. Environmental researchers and activists have been actively stressing the plausible effects of climate catastrophes the world is going to encounter. The discussions around the same arise a sense of fear in the minds of people who are only

[1] Institute of Public Affairs. (2025). Clinical Caution in Climate Messaging- Developmental Risks to Children's Mental Health, accessed at Clinical Caution in Climate Messaging – Developmental Risks to Children's Mental Health

watching, hearing and reading about the ongoing climate crisis. This fear entangles the neurological sense of the people, pushing them into sadness and melancholy.

Pre-Adolescent youth, who are the primary subject matter of the present research, have not developed a pre-frontal cortex for these climate-induced threats and crises. This can be gauged from Piaget's Theory of Cognitive Development as the Pre-Adolescent youth do not fall under the last stage, which is the Formal Operational Stage; thereby they do not possess adequate rational thinking capabilities to manage stress without emotional outburst[2]. These young minds keep on thinking about the ongoing crisis and affect their mental health irreparably.

Even 'Social media' plays its pivot role in furthering this mismatch between their cognitive development and external stress. The social media handles seem to be flooded with news of climate catastrophes constantly 'equipping' with every nitty-gritty of contemporaneous climate catastrophes. In this highly active digital world, where even the pre-adolescent youths are incessantly consuming social media (in some form or the other), it is unlikely that would not be affected by the world it creates. Recent trends show that children getting habituated to abusive language and resorting to violence has been categorically attributed to 'reel brain-rotting'. This term is a post-modern creation which encompasses long and uninterrupted hours of social media usage leading to a complete halt of cognitive development of a young mind[3]. Children seem to mindlessly watch social media reels, which their algorithm suggests.

The researchers hereby intend to form a causal correlation between the content, usually causing Eco-anxiety and the reel induced brainrot culture. It is almost impossible to imagine that a child ranging from 9 to 12 years would not witness content which (under the garb of spreading awareness) scandalizes pre-adolescent youth. It is to be imperatively stated that even adults fall prey to this culture, but they are believed to possess the requisite rational thinking and skill set for understanding the external events around them and pushing for a conscious choice to not be impacted by such content. Pre-adolescent youths, on the other hand, are incapable of doing the same, resulting in mental breakdown and chaos.

The researchers acknowledge the danger of Climate Change by anthropogenic activities but argue that unregulated dissemination of existential threat content to pre-adolescents is not catalyzing environmental activism but rather inducing Early-Onset Dissociation and Cognitive Paralysis in young brains[4]. However, the present research does not focus on the aftermath of Climate Change and its all-expansive impact on humankind. Instead, the central point of this study is to understand this reckless dissemination of ecological crisis, particularly on social media handles leading to entrapping of pre-adolescent youths in a state of pandemonium, causing Cognitive Paralysis among the targeted audience.

II. Research Problem of the Study

It is to be categorically mentioned that Climate Change and its far-reaching implications have been extensively deliberated upon. Many environmentalists and legal scholars have worked in this domain and suggested innumerable methods to contain the issue. The researchers, however worked on the intersection of Digital Media (majorly social media), ongoing Climate crisis and mental health of pre-adolescent youths. It focuses on the documentation of climate-induced anxiety among pre-adolescent youths (ranging from 9 to 12 years). Eco-Anxiety, which is quite prevalent amongst adults, seems to have limited research in the pre-adolescent youth category.

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[2] Léger-Goodes, T., et al. (2022). Eco-anxiety in children: A scoping review of the mental health impacts of the awareness of climate change. Frontiers in Psychology, 13:872544

[3] Greenpeace UK. (2025). Majority of under-12s worried about climate change, accessed at Majority of under-12s worried about climate change, survey shows - Greenpeace UK on 31.05.2026.

[4] J Child Psychol Psychiatry (2024): Climate anxiety and adolescents' pro-environmental behavior, Feeling anxious and being engaged in a warming world: climate anxiety and adolescents' pro-environmental behavior - PubMed

These young minds are extremely impressionable and are susceptible to changing contours of their external environment. When they come across climate-crisis content on social media, a sense of fear entraps them leading to an existential crisis altogether. This research is premised upon the idea that children suffer irreparably because of the climate-crisis content they consume on social media. They tend to develop Early-Onset Dissociation and Cognitive Paralysis owing to their incapability of handling such information at a very young age. Owing to this mishandling of information, children develop uneasiness and anxiety, restricting their brain growth and personality development.

One of the problems associated with the issue in question is excessive reliance on social media. In this tech-savvy world, parents do not want their children to remain on the other side of the 'digital-divide' thereby paving way for social media usage. Children get completely absorbed in the algorithmic quagmire and consume everything which pops on their screen. At times, they cannot decide the veracity of the content they are consuming, leading to complete dependency on these social media applications. Many countries like Australia have come up with their laws to restrict the usage of social media for young children as a response to the problem highlighted above. However, both implementation and internalization seem to be lacking in this regard.

III. Literature Review

The concept of Eco-Anxiety is not alien to the world of Environmental jurisprudence and policy makers. It is usually defined as the 'fear of impending doom owing to ecological crises and climate catastrophic events' by American Psychological Association[5]. The Mental Health Commission, Canada further elaborates that the natural environment is constantly changing and we, as humans keep worrying about what future holds for us[6]. This incessant worry is often called 'Eco-Anxiety' which is seen among people these days. This fear usually stems from either your own exposure concerning environmental harms and disasters or indirect exposure from news, social media platforms, etc.

It is to be categorically noted that Eco-Anxiety has not been labelled as a mental illness yet continues to affect vulnerable population severely. These people include youth (even pre-adolescent age group), indigenous communities, marginalized communities (either socially or economically) who have limited resources to defend themselves in times of a climate catastrophe, people who work in proximity with land like farmers, fishers and hunters and others who are placed in high-risk areas[7]. The term 'high-risk areas' can be interpreted in accordance with *Para VIII of Article IV of the United National Framework Convention on Climate Change*. The existing researchers have also extensively worked on the characteristics of any person exhibiting 'Eco-Anxiety' which include and entail: Obsessive thoughts about Climate and the catastrophe it can pre-emptively cause, Fatalistic thinking, existential crisis, guilt regarding your carbon-footprint contribution, anger and frustration towards previous generation or your own past behavior for carrying out unsustainable patterns, changes in appetite, trouble sleeping and concentrating and Solastalgia, etc. The term, 'Solastalgia' implies the feeling of sadness and depression arising from loss of natural environment and habitat[8]. This term has been sparingly used by the legal as well as environmental scholars these days.

The researchers have also critically analyzed the opinion of international legal fraternity, including scholars on the issue of Eco-Anxiety and its prevalence amongst pre-adolescent youths. Other than child psychology theories, the

[5] Myriam Vidal, Helping youth move from Climate anxiety to Climate Action accessed at Helping youth move from climate anxiety to climate action on 31.05.2026

[6] Accessed at Understanding and Coping with Eco-Anxiety on 31.05.2026.

[7] Clayton, S., Manning, C. M., Speiser, M., & Hill, A. N. (2021), Mental health and our changing climate: Impacts, implications, and guidelines. American Psychological Association, https://ecoamerica.org/mental-health-and-our-changing climate-2021-edition/

[8] Thompson, T. (2021, September 22). Young people's climate anxiety revealed in landmark survey, Nature, p. 597-605 accessed at Young people's climate anxiety revealed in landmark survey on 31.05.2026

research also encompasses scoping various articles extensively deliberating upon the essence of Eco-Anxiety in contemporary times[9].

Firstly, the United Nations Committee extended the application of Convention on Child Right's (hereinafter referred to as 'CRC') 1989 to the issue in question. The Comment on the *UN Committee on the Rights of the Child's draft General Comment on children's rights and the environment* with a special focus on climate change highlighted the intersection between children's mental health and environmental harm, including Eco-Anxiety. The Committee acknowledged that CRC ensures Right to the highest attainable standard of health as provided under Article 24, UNCRC and embargoes against Torture, cruel and inhuman treatment as provided under Article 37, UNCRC.

In the Outcome Document of the Committee's report, it was highlighted that an independent study was conducted for analysing the issue of Eco-based Anxiety for young children, primarily including age –group of 14 to 22 years. This research was conducted and funded by the Lancet Planetary Health and targeted roughly10,000 young people. The countries where this interview was conducted included Australia, India, the United States, the United Kingdom, Nigeria, the Philippines, Finland, Portugal, Brazil, and France[10]. The findings were abysmal and highlighted the pitiable mental condition of young adults concerning their inclination towards ecological preservation.

It was found out that roughly 60% of the young adults targeted under the study feel helpless about the incessant ecological destruction by ongoing anthropogenic activities. They feel trapped and usually suffer from 'existential dread'. Not only this, more than 75% young adults feel that their future is bleak and ambiguous. More than 57% held the governments responsible for the lack of action in this regard. Furthermore, 39% young adults went ahead and said they do not want children keeping in mind the ongoing ecological crisis. The authors concluded that high levels of stress and negativity is impacting children's choices as well as their future.

Another study by *Burke and others*, the psychological impact of Climate Change on children was thoroughly studied. PTSD, depression, anxiety, phobias, sleep disorders, attachment disorders, and substance abuse were some of the common inferences highlighted under the present study. This eventually leads to restricted cognitive behaviour and diminished learning capacity and emotional instability as well[11].

In the study, 'How children make sense of climate change: A descriptive qualitative study of eco-anxiety in parent-child dyads' by *Terra Leger and Catherine Hurtubise* conducted a Thematic Analysis for cultivating the perception of Climate Change by Adolescents. They compared the emotional reactions of children and their parents and highlighted the significance of parental role in curbing and containing child's fears[12].

IV. Psychological Impact and Gaping legal loopholes

1. Early-Onset Dissociation and Cognitive Paralysis

The present study works around the idea that children constantly consume extreme environmental content from social media and suffer irreparably. They tend to develop deep-rooted trauma and start disassociating from everything around them. The scholars have extensively talked about stress literature and described 'Disassociation' as one of the most

[9] Eco-anxiety in children: A scoping review of the mental health impacts of the awareness of climate change Accessed at Eco-anxiety in children: A scoping review of the mental health impacts of the awareness of climate change - PMC on 31.05.2026.

[10] Hickman et al., *Climate anxiety in children and young people and their beliefs about government responses to climate change: a global survey,* The Lancet Planetary Health Vol. 5 Issue 12, December 1 2021, https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(21)00278-3/fulltext.

[11] Accessed at The Psychological Effects of Climate Change on Children - PubMed on 29.05.2026

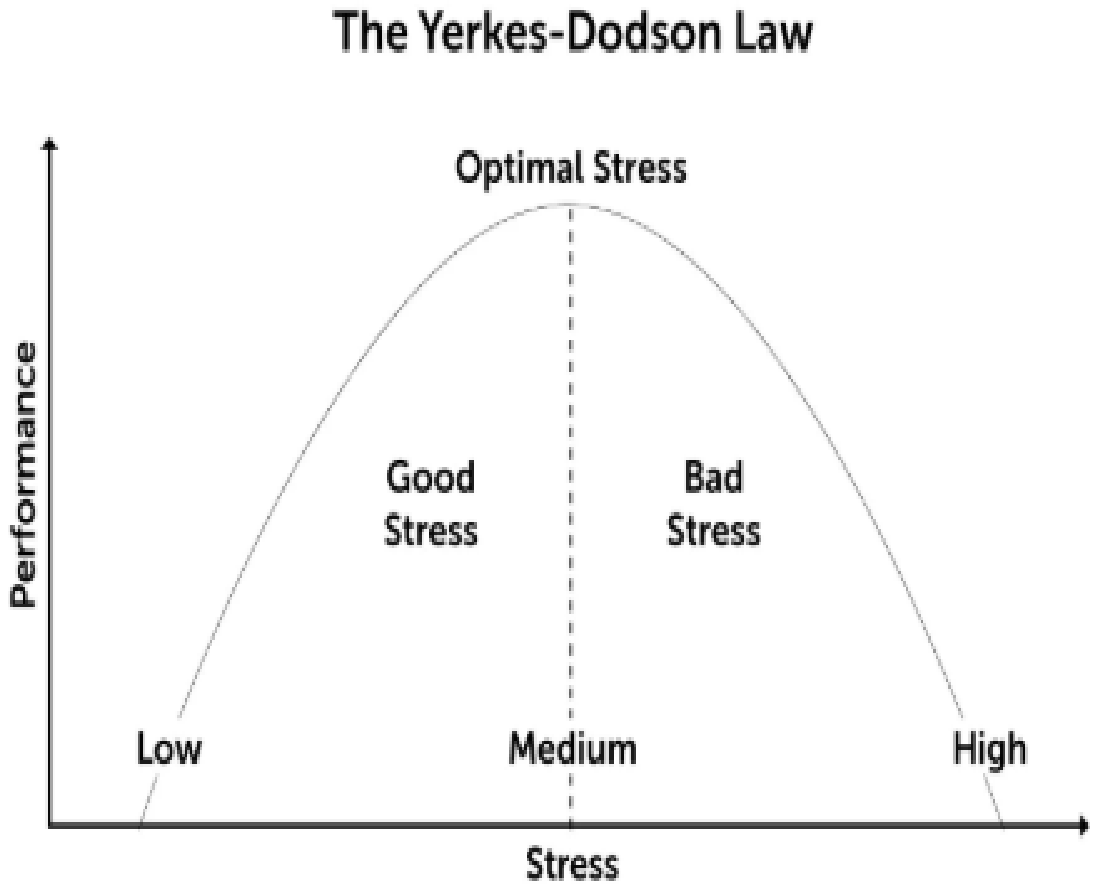
[12] Accessed at How children make sense of climate change: A descriptive qualitative study of eco-anxiety in parent-child dyads - PubMed on 30.05.2026

important methods adopted by people. It usually happens when the situation becomes out of control and overwhelming for the person to handle it effectively.

Linking it with *Jean Piaget's Theory of Cognitive Development*, the researchers want to stress upon the fact that a child who is 9 to 12 years of age are placed in the 'concrete-operationalization stage' where they start thinking logically but in an abstract manner on issues they are usually confronted with. When they are confronted with the extreme environmental content on social media, they tend to develop fear, anxiety and grief leading them to a state of despair and total isolation[13]. They understand the consequences of ongoing climate catastrophes, but the state of helplessness pushes them into melancholy and grief. This consequentially leads to total cognitive paralysis.

2. Yerkes-Dodson Law

The researchers also relied upon the Yerkes-Dodson Law, which is an empirical relationship between stress and performance of a human activity. This theory was developed in 1908 which stated that stress initially increases and enhances performance, but that happens only up to a certain point. After this, when the stress becomes extremely high to handle, the performance of an individual starts decreasing[14]. The relationship is illustrated as an inverted U-shaped bell curve as highlighted below:



[13] Piaget, J. (1952). *The origins of intelligence in children.* New York, NY: International Universities Press.

[14] Yerkes, R.M., & Dodson, J.D. (1908). The relation of strength of stimulus to rapidity of habit-formation. *Journal of Comparative Neurology and Psychology*

The researchers wanted to use this analogy to explain that 'mild to moderate concern' regarding environmental protection cause motivate action amongst pre-adolescent youths. However, when they start consuming extreme environmental content on social media entrapping them with fear, they would not be motivated to work for the said cause. Instead, they would become fear-stricken and helpless leading to early-onset disassociation and complete cognitive paralysis.

3. Legal Loopholes and implications in the Indian context

The Indian government came up with a Mental Health Act, 2017 which categorically emphasized on mental health of children as well. Some of the provisions which are specifically provided for children include decriminalization of suicide attempts and recognition of mental health as a specific right for children. It even ensures access to healthcare without discrimination in terms of gender, caste, creed etc[15]. However, the legislation only provides for generic rights that can be interpreted for children as well.

The researchers have identified three core areas where the Indian government should focus when it comes to mental health of children being affected vis-a-vis ecological catastrophes. They are as follows:

- The obligation of the State to ensure mental healthcare is being provided to every child regardless of gender, caste, class, creed etc.
- The unsupervised and unregulated exposure to online environment content violates Right to mental health of the child.
- The State should be working in establishing Age-gating as a preventive measure of mental healthcare system.

V. Hypotheses of the Research

H1: Unsupervised exposure to extreme environmental content among children aged 10–12 years significantly increases Early-Onset Dissociation and Cognitive Paralysis.

H2: The Yerkes-Dodson inverted U-curve applies to climate content engagement initially arises at higher intensity and ultimately declines.

V. Research Methodology

A. Study Design

The researchers conducted a Qualitative Analysis, as a part of the Doctrinal Research framework, of the sentiments of children (ranging from 9 to 12 years) using NVivo software. The idea behind this study was to highlight the increasing levels of Eco-Anxiety amongst young children. (age group is 9 to 12 years). The subjective and descriptive nature of Eco-Anxiety pushed the researchers to adopt Qualitative technique to probe participants' experience of the phenomenon. The data was collected for children via interview with the consent and connivance of their parents/guardians to avoid the possibility of conflict at a later stage.

B. Participants and Geography

The present study was primarily conducted in North-West region of National Capital Territory of Delhi. Out of the three major sub-divisions under North-West region, the area selected for the study was Model Town. It further included three major areas Model Town I, II & III; Mukherjee Nagar and Adarsh Nagar. For targeting young children under this study, only MCD schools were mapped in the said area as the targeted age group well-suited for the study would be available. A list of schools is attached below which became the subject matter of the study:

[15] Mental Healthcare Act, 2017, No. 10 of 2017, Government of India

S.No.	Details of the school	Number of Participants
1.	MCD Co-Ed School, Bharolla Village, Pin Code-110009	20
2.	MCD Co-Ed School, Malikpur, Model Town, Pin Code-110009	20
3.	MCP School, Dhaka Village, Model Town, Pin Code-110009	20
4.	MC Pry School, Azadpur, Pin Code-110033	20
5.	Nigam P School, Azadpur, Pin Code-110009	20

To be eligible, children had to be between 9 and 12 years old. This age range corresponds to classes 5 and 6 in Elementary/primary School system. Hence, only MCD primary schools of this sub-division were targeted for the purpose of this study. The researchers initially tapped more participants, but three set of interviews were conducted not resulting in any new codes. Repetition in codes restricted the researchers to 20 respondents from each school. Therefore, the sample for this study turned out to be 100 respondents. Most of the respondents resided in sub-urban areas, and around 45 respondents were young girls. Ethnicity was not asked during the interviews.

C. Procedure and Formalities

The researchers used semi-structured interviews for allowing the respondents to share their feelings expressly. The interviews were conducted in English and Hindi, according to the child's needs and preferences. They were conducted in January 2026 and were wrapped up in the same month itself because of upcoming exams and school break. Before the commencement of the interviews, requisite formalities were complied with. Permissions were granted by the school authorities and parents of selected respondents were also intimated regarding the same. Once the '*Prior and Informed Consent*' was taken, interviews were scheduled in the month of January.

The researchers conducted the interviews in the presence of a female teacher, the class teacher of the respondent and the principal as well. Cookies and toffees were given to the students, and it was made sure they remain hydrated. The interviews began with one simple question: What would Mother Earth look like in 50 years from now? Important jargons like Eco-Anxiety and Climate Change, etc. were clearly explained to the respondents to avoid ambiguity in their colloquial language. These interviews lasted for 10 minutes per student as the researchers did not want to pressure the respondents to sit for long hours. In the end, chocolates were given to the respondents in the presence of teachers on duty.

D. Coding and Data Analysis

The researchers identified few themes by conducting a pilot study. After using NVivo and comparing the themes identified earlier, following major themes were finalized:

1. Perception of the respondents towards Environmental Degradation and Loss
2. Eco-Anxiety and effect on mental health
3. Governmental response

Furthermore, the researchers wanted to conduct a cross-sectional analysis among the three select themes Under the current study, recording of the interviews conducted were Tran scripted and were uploaded on the NVivo software application. Thereafter, entire focus was premised upon the frequency of the words used in the interviews and the connotations attached to the same. The following two types of analysis was conducted:

- Thematic Analysis
- Text Mining and Analysis

Thematic Analysis- This analysis entails curation of well-established definable themes which shall analyse the entire set of available data. It is akin to the creation of 'Samples' under the Sampling method for sorting out the dataset. In the present study, the researchers were confronted with the task of managing substantial number of interviews. The software identified and located 'significant themes and codes' which further led to analysis of the complete metadata. The characters identified by the software act as definite parameters for the complete dataset.

Collection of Data and Generating Codes/ Themes

The first and the foremost step was the placement of data and sorting the same. After the data was imported, the next step is the creation of Codes/ Themes. 'Auto-Coding' of all the documents imported created a list of Codes/ Themes and Sub-codes/ Sub-themes. It also listed out the reference percentage of each code highlighting the percentage of frequency of the code in the dataset.

Defining the Themes

The next step after the tabulation of Codes/ themes and Sub-codes/ sub-themes is to connote meanings to the preliminary identified codes/themes. Three set of codes/themes for each interview were defined. All the codes/themes were defined with utmost precision leaving no room for ambiguity. After this, metadata was interpreted vis-à-vis the codes/themes identified. Once the table of codes/themes is generated and specific definitions are attributed to all the codes/themes, data was interpreted in the light of those themes.

Text Mining and Analysis

Text Mining and Analysis relies on the frequency of the words used in the dataset and interprets the same in the light of pre-determined objectives. It denotes the number of times a word appears in the dataset and Frequency Distribution Table is prepared. The researcher has investigated the frequency of top 35 words in the backdrop of pre-determined objectives of the study in question.

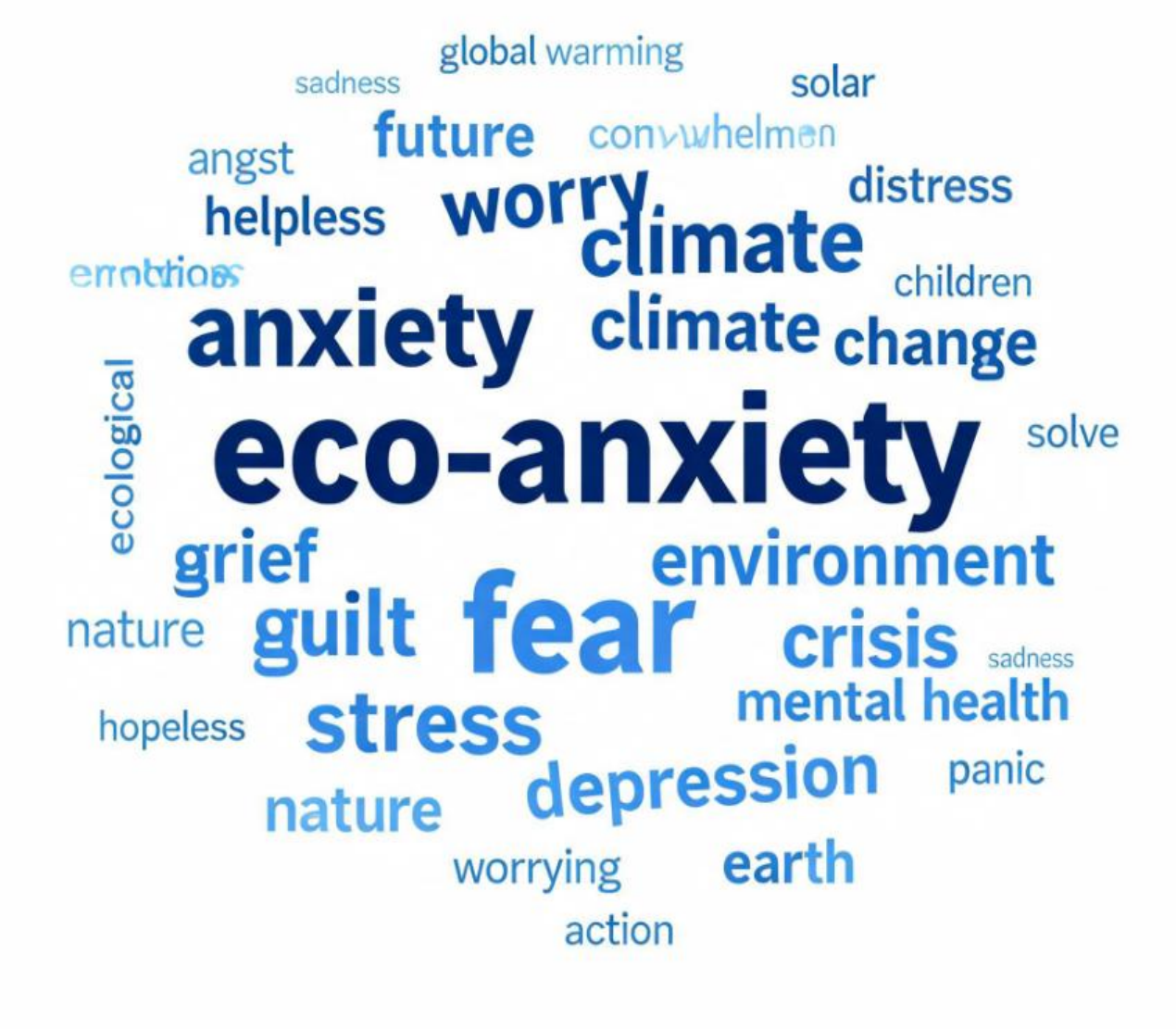
VI. Findings

The researchers have used the Word Cloud for 35 major words and the Text Mining Method to study the approach of the codes in all the interviews conducted (metadata). A Word Cloud is a diagrammatic representation of all the important and significant words that appear in the entire dataset. It shows how some words are predominantly used in the dataset, signifying their importance to the current study.

The approach is analyzed under three major aspects:

a. Perception of the respondents towards Environmental Degradation and Loss
b. Eco-Anxiety and effect on mental health
c. Governmental response

The following Word Cloud depicted the reality clearly:



It can be clearly inferred from the above Word Cloud that the respondents called out Eco-Anxiety, Anxiety, depression, stress and mental health are the most concerning factors in these pre-adolescent youths. They might not fully understand the meaning of Climate Change, yet social media seems to bombard them with negative and disturbing news, thereby making them uneasy and in a state of constant despair. Some children even told the researchers that they usually watch this disturbing ecological news on their parent's devices. This implies that they do not even need a social media account to be entangled by Eco-Anxiety.

A Frequency Table (first 35 words) was also taken out from NVivo application which highlighted the frequency of words which were commonly used:

Rank	Word	Frequency	Percentage	Cumulative %
1	Anxiety	150	8.87%	8.87%

2	eco-anxiety	145	8.58%	17.45%
3	Climate	140	8.28%	25.73%
4	climate change	120	7.09%	32.82%
5	Worry	110	6.50%	39.32%
6	Fear	100	5.91%	45.23%
7	Future	95	5.62%	50.85%
8	Environment	95	5.62%	56.47%
9	Grief	90	5.32%	61.79%
10	Concern	88	5.20%	66.99%
11	social media	85	5.03%	72.02%
12	Crisis	82	4.85%	76.87%
13	mental health	78	4.61%	81.48%
14	Youth	76	4.49%	85.97%
15	Depression	75	4.43%	90.40%
16	Helpless	72	4.26%	94.66%
17	Action	71	4.20%	98.86%
18	Angst	70	4.14%	103.00%
19	Overwhelmed	68	4.02%	107.02%
20	Nature	67	3.96%	110.98%

21	Ecological	65	3.84%	114.82%
22	global warming	63	3.72%	118.54%
23	Distress	62	3.67%	122.21%
24	Children	60	3.55%	125.76%
25	Earth	59	3.49%	129.25%
26	Panic	58	3.43%	132.68%
27	Emotions	56	3.31%	135.99%
28	Actors	55	3.25%	139.24%
29	Hopeless	54	3.19%	142.43%
30	Worrying	52	3.08%	145.51%
31	Solar	50	2.96%	148.47%
32	Sadness	48	2.84%	151.31%
33	climate crisis	47	2.78%	154.09%
34	Solve	45	2.66%	156.75%
35	climate grief	44	2.60%	159.35%

It can be clearly inferred from the Frequency Table that Anxiety and Eco-Anxiety are the most common words used by the Respondents. Keeping in mind the analysis from the Word Cloud, these confirm that the usage of such words expressed by the respondents highlighting Eco-Anxiety is the most significant problem amongst them. Not only this, but words also like ‘panic’, ‘worrying’ and ‘sadness’ also found adequate mention in the Frequency Table. This indicates that children felt helpless about the contemporary situation and are concerned about their future.

Another striking observation was that ‘social media’ appeared on the 10th number in the Frequency Table highlighting that social media might not be the only cause for developing Eco-Anxiety amongst pre-adolescent children. Other words like Climate, Global warming, Earth, Children found their due places in the Frequency Table, which was very much expected by the researchers. The analysis resulted in the partial proving of the hypothesis of the researchers,

thereby emphasizing the prevalence of 'Eco-Anxiety' among pre-adolescent youths and 'social media' being one of its active contributors.

VII. Suggested Solution: Digital Toxicity Meter

Based on the findings explained above, the researchers intend to propose a *Digital Toxicity Meter* (hereinafter referred to as DTM) for online ecological content consumed by children. The DTM is a color-based technique using a rating system to gauge the extremity of the environmental content available online. A Digital Toxicity Meter would be like this:

Color	Intensity level	Description	Age Recommendation
🟢 **Green**	1-3 (Mild)	Educational and Motivational purposes	Usually, all age groups are covered. (6+)
🟡 **Yellow**	4-5 (Moderate)	Balanced approach and solution-oriented mechanism	10-14 years
🟠 **Orange**	6-7 (Enhanced)	Enhanced problems but restricted solutions	14+ years
🔴 **Red**	8-10 (Extreme)	Highly catastrophic content inducing fear and sadness	18+ (Age-gating can be implemented here)

This Digital Toxicity Meter can be implemented by governments across the globe to keep a tab on the consumption of online environmental content being consumed by children. The governments can pose Platform-level age verification requirements to ensure Age-gating in online environmental content. Another facet can be introducing parental consent for 14- to 17-year-olds who wish to access orange content in the DTM. Red content should be made 'unavailable' for anybody who is less than 18 years of age. Even the content creators should be provided with a detailed 'standard operating protocol' regarding labelling their content as per the Digital Toxicity Meter.