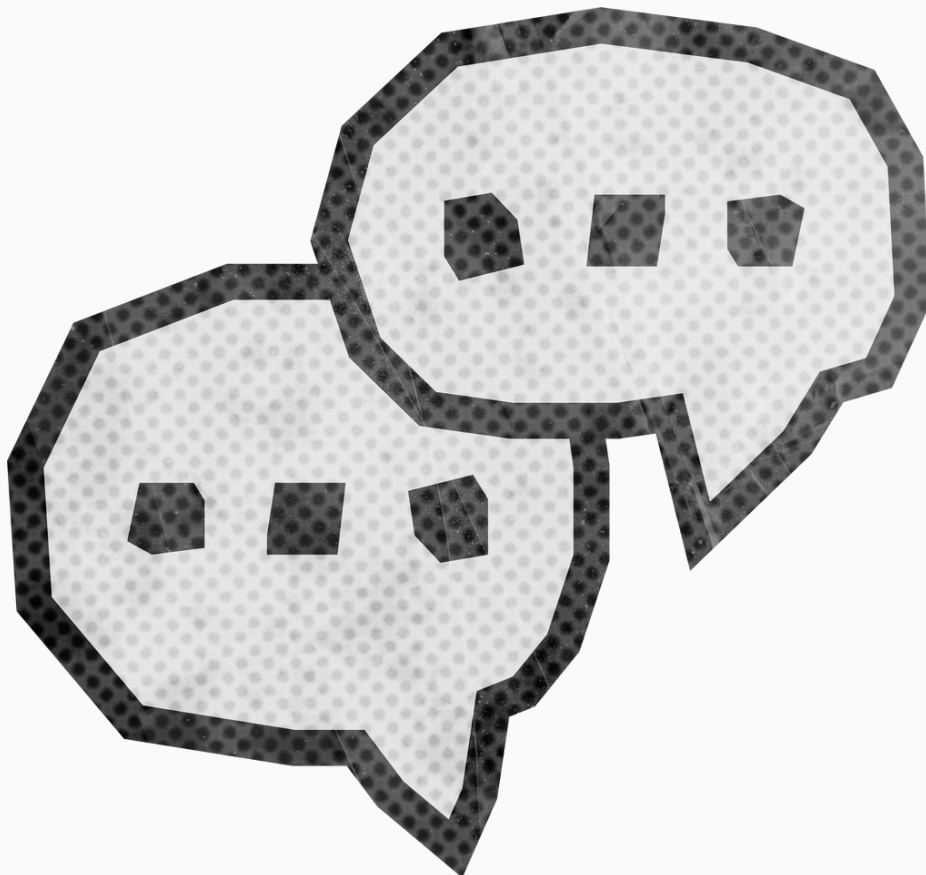


Parent & Carer Glossary

SECONDARY PROGRAMME



Contents

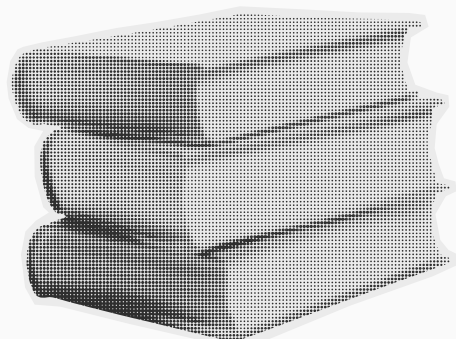
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What is the parent & carer glossary?

This glossary is a collection of words and phrases commonly used by children at school, at home, and online. While some of these terms may be familiar, others might be confusing or new.

Children use slang as a way to express identity, build social bonds, and communicate efficiently within their peer group. This is a normal and smart part of language development, essentially creating a shared “code” that helps them navigate social relationships.

However, some terms that are used are harmful and must be recognised and challenged. They may also signal involvement with harmful interests or groups.

This resource is designed to help you understand the language your child uses, decode meaning, and recognise when language may be harmful or concerning. It’s not about policing speech, but about supporting safe, respectful communication while staying connected to your child’s world.

If you are concerned by any terms you hear, share your concerns with the Safeguarding Lead at your child’s school.

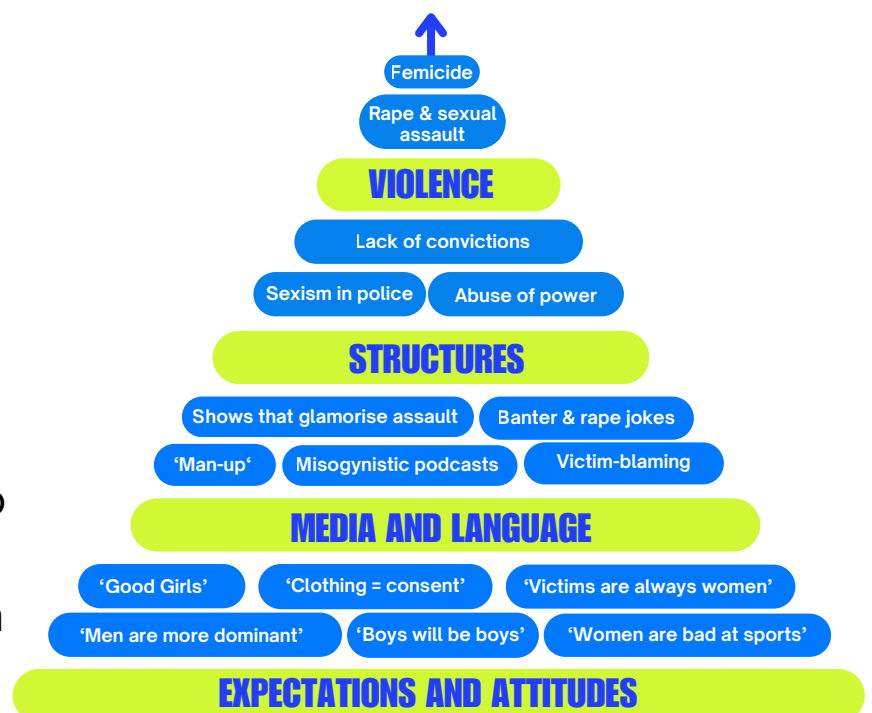
Why we care about language.

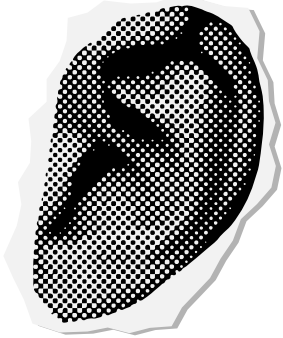
Sometimes when we hear misogynistic or harmful language, we might dismiss it as “just a joke” or “just a word” that doesn’t mean anything.

But words are powerful; they shape how we see ourselves, others, and the world. Using language that puts someone down because of their gender or jokes about sexual violence makes harmful attitudes seem normal. The more this language is used, the more those attitudes can take hold, which can lead to harmful behaviour later on.

The pyramid shows how behaviours like using sexist language can make more serious harms, like sexual assault, seem more acceptable if they go unchallenged.

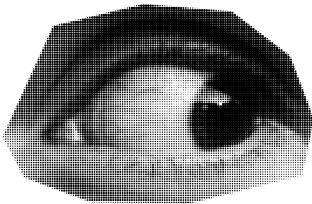
That’s why it’s essential to address harmful language when we hear our children use it.





Hear it

You hear a word or phrase that your child uses.



Notice it

Pay attention to what they say and recognise the word that they've used.



Challenge it

Speak to your child about the word or phrase they have just used. Ask them why using that phrase might be harmful. Talk about how it normalises certain behaviours and beliefs.

Alpha / Beta male: Positive and derogatory terms derived from the designation for alpha and beta animals. Generally, an alpha male is seen as a hyper-masculine individual, whereas a beta is seen as a passive and submissive individual. Terms are commonly used by 'self-help' male influencers such as Andrew Tate.

Ate / Ate and left no crumbs: A slang phrase used to praise someone who has done something exceptionally well, such as excelling in performance, style or appearance. It conveys admiration or approval. It is often used in the phrase 'ate and left no crumbs'.

Aura: Used to determine someone's unspoken presence normally referred to within a scoreboard context. (Minus aura for tripping up, plus aura for scoring a winning goal).

Aura Farming: the act of deliberately performing actions to appear cool or impressive, often to increase one's perceived "aura" or status.

Bare: A slang term meaning 'a lot' or 'many'. Example: 'There are bare people at this party'.

Based/ facts/ fax/ period/ type sh*t: Positive affirmation of a comment made by someone else. E.g. "Women belong in the kitchen." "Based."/ "Those shoes are sweet."/ "Fax."/ "I feel like I kind of aced that test."/ "Period!"

Batty: Jamaican slang for ass, bottom or buttocks.

Batty boy: In Jamaican Patois, batty boy is a slur often used to refer to a gay or effeminate man.

Bet: A slang expression that is used to affirm a statement or to confirm an agreement; in other words, it means 'Okay, understood'. Example: "If you grab drinks, I'll get dinner" Response: "Bet".

Big back: Refers to a person who is overweight, has a large appetite, or eats a lot of food, with "big back behaviour" describing someone who is eating ravenously. The term gained popularity on platforms like TikTok, often used to poke fun at oneself for consuming large quantities of food.

Bimbo / Himbo: An attractive but unintelligent, naive woman. The male equivalent of a bimbo refers to an attractive but vacuous and unintelligent man.

Blue Balls: A hypertension thought that occurs when people with testicles are sexually aroused for an extended period of time but do not ejaculate. There is no real health danger, and it can be used to pressure someone into having sex.

Bonesmashing: A term associated with looksmaxxing. Refers to the repeated blunt trauma to the bones in your face to reshape them and give your jawline a more chiselled look.

Bop: Another way to degrade someone for having sexual partners (e.g. another word for a slut). E.g. "That girl is a bop".

Bot: It typically means someone is acting in a predictable, unoriginal, or awkward manner, similar to how a computer program (a bot) might behave. It's often used as an insult to imply a person lacks genuine emotion, critical thinking, or social awareness. The term originated in gaming, where "bot" referred to computer-controlled players, but has expanded to social media and other online spaces.

Bread: A slang term meaning money or currency. Example: "go get that bread" "I've got bare bread".

Buck / bucked / bucking: A slang term meaning to meet someone.

Buggin: A slang term with a few different meanings, often related to acting strangely or experiencing strong emotions. It can mean acting crazy, overreacting, being paranoid, or even just being really enthusiastic.

Buns: A slang term meaning something is bad or of poor quality. Example: "This new trend is so buns", "I did so buns in the exam".

Bussin: A slang term, primarily used by younger generations, that generally means something is extremely good, excellent, or delicious. It originated in African American Vernacular English (AAVE), often referring to exceptionally good food. However, its usage has expanded to describe anything from outfits and music to experiences that are highly enjoyable or impressive.

Cancelled: When a person is widely rejected or cut off, usually online but sometimes in real life too. People often say Harvey Weinstein or R. Kelly are cancelled, though opinions can differ.

Cap: Synonym for lie, e.g., 'No cap'= I'm not lying. 'That's cap'= that's a lie.

Chad: Modern internet slang that refers to a hyper-masculine, obnoxious male.

Chat: In modern slang, particularly among Gen Z and younger people, "chat" is used as a term of address for a group of friends or an audience, similar to "you guys" or "everyone". It originated from livestreaming platforms like Twitch, where it referred to the viewers' collective comments.

Chicken Jockey: Refers to a meme that was created off of the back of the new Minecraft movie trailer. A chicken jockey is a rare mob in the game Minecraft consisting of a baby zombie, zombie villager, husk, or drowned riding a chicken. In the movie trailer, Jack Black shouts “chicken jockey” in a humorous way. This has now become a meme that young people repeat.

Chopped: A slang term primarily used to describe someone or something as unattractive or undesirable, often in a derogatory manner.

Chuzz: An abbreviation of ‘chopped huzz,’ a slang term used to describe an unattractive girl. Meanwhile, the word ‘huzz’ is derived from slang referring to women in an extremely derogatory manner.

Clock it / Clocked: A slang phrase with multiple meanings, most commonly signifying noticing or seeing something. It can also be used in a more aggressive sense, meaning to strike or punch someone.

Coded: A term used to describe when something (a person, character, or aesthetic) resembles or shares traits with another, often in a subtle or implied way, without being explicitly stated. It's a way of saying that something has characteristics or embodies a particular vibe or identity, even if it's not directly presented as such. It is similar to the term *core*.

Cooked: A slang phrase typically defined as being in trouble, facing consequences or feeling emotionally or mentally drained due to stress. Example: “Bro the teacher knows we cheated in the test, we’re cooked”.

Core: A term that functions as a suffix that denotes a specific aesthetic, style, or trend, often associated with a particular subculture or theme. It's used to categorise things based on shared visual or thematic elements, essentially creating a shorthand for a particular "vibe" or "look", for example: Fairy core, book core, gothic core, street core, clean-girl core.

Crash out: It primarily means to become suddenly, uncontrollably angry or distressed, often leading to impulsive or irrational actions. It can also refer to losing in a competition or falling asleep quickly due to exhaustion.

Creps: A term that means training shoes or sneakers. It can refer to any kind of athletic shoe, especially those considered stylish or fashionable.

Cuck: Contraction of “cuckold”. A weak, effeminate, unmanly, or inadequate man, who is often dominated or cheated on by their female partner.

Delulu: A play on the word "delusional," describes someone who believes things that are not real or true, usually because they choose to.

DL: “Down low”, a term for a closeted gay man who secretly engages in homosexual activity. Such a man may be in a relationship with a woman or not. Usually derogatory, but at times used sincerely as a synonym for “closeted”. Judgement usually comes into play when infidelity is a factor (as well as classic homophobia). Now more commonly used for keeping a secret (e.g., ‘keep it on the DL’).

Don’t be a pussy: A derogatory way to call someone a coward. Referring to a female body part reinforces the stereotype that women are weak. E.g. “Stop being such a pussy”.

DSL: Colloquial term usually used over text. E.g. 'Do you have DSL?' (dick sucking lips).

Edging: Refers to somebody stopping a sexual act with a man or woman before he/she climaxes.

Fanum Tax: A popular internet slang term and meme that describes the act of jokingly taking a bite or portion of someone else’s food or item. It was coined by a Twitch streamer called Fanum who would ‘tax’ his friends’ food when they were streaming.

Fine shyte: A term that describes someone or something highly attractive or desirable. It's a playful, informal way to refer to a hot person, a crush, a boyfriend, or anything that someone finds exceptionally appealing or "fine".

Finna: A slang term derived from the phrase ‘Fixing to’, meaning ‘going to’ or ‘about to’, commonly used to indicate immediate or future actions. Example: ‘I’m finna go to the store’.

Finsta: Slang term for ‘fake Instagram’ account, a more private Instagram account used to share content deemed too inappropriate or private for their main account.

Fruity/zesty: An inherently homophobic term used to describe an effeminate or flamboyant individual.

Garms: A term that means clothes or garments. It's a shortened, informal way of saying "garments". The term is often used to refer to fashionable clothing items, particularly by younger people.

Glazing: A slang term which means excessively praising or overhyping someone or something, often in an unwarranted or insincere manner. It carries a negative connotation, implying excessive admiration or ‘sucking up’ to someone.

Glow-up: A term which refers to a positive and noticeable transformation, typically in someone's appearance, confidence, or lifestyle. It often involves personal growth, improved self-care, and an increase in self-esteem, and is commonly used to describe a significant positive change.

Good boy: A phrase used to mock or patronise someone by treating them as submissive or inferior, often in a playful or demeaning tone. It has gained popularity as a TikTok trend and classroom taunt aimed to cause discomfort or humiliation.

Gooning: To be able to relieve oneself sexually without climaxing for a long time.

Gurt / Gurting: doing something very smart but very dangerous.

Gyatt: An AAVE term (African American Vernacular English) that connotes a large posterior. Originally short for "Gyatt Dayum (Goddamn!)". "Gyatt" has become a noun synonymous with "Big Bum!"

High-key: A term used to express something intensely, openly, or very clearly. It's often used as an intensifier, similar to saying "very," "really," or "definitely". It's the opposite of "low key," which implies something done subtly or secretly.

Huzz: Used to describe a group of women or girls. Can be used instead of derogatory words like 'hoes'.

Ick: Cringing and having a feeling of disgust towards someone or something.

Italian Brainrot: A social media trend, primarily found on platforms like TikTok and YouTube, characterised by absurd, often AI-generated content, frequently featuring bizarre, animal-humanoid hybrids with Italian-sounding names and nonsensical narratives.

It's giving: An internet slang originating from African American Vernacular English and ballroom culture, used to describe something that embodies a particular style, mood, or energy. It functions as a way of saying something reminds you of, or feels like, a certain thing, often playfully and expressively, to capture the essence of a person, object, or situation. Example: If someone wore 70's clothing, someone might say, 'It's giving 70's'.

Jeet: Another word used to describe sex.

Karen: Originally a term for white (usually middle-aged) woman who wields imagined authority over strangers, particularly other marginalised people, with unpleasant bigoted undertones, but mostly a synonym for "bossy".

Currently used as a derogatory term for any woman, but particularly white, who seems bossy, assertive or who is a vocal "snowflake".

Lavender Relationship: A term used to describe a marriage or romantic relationship between a man and a woman where one or both partners identify as LGBTQ+ and enter into the relationship, often secretly, to conceal their true sexual orientation from the public. This type of relationship is typically entered into as a marriage of convenience, often due to societal pressures and stigma surrounding homosexuality.

Let me cook: A slang phrase meaning to let someone freely do what they excel at without interference or criticism, such as performing well or handling a situation confidently. It was popularised by rapper Lil B in 2010, who encouraged people to focus on their strengths.

Link/linking: Another word for dating/ sleeping with someone.

Lives rent free: A term that refers to someone or something constantly occupying one's thoughts, especially when it's an unwanted or unnecessary intrusion. It implies that this person or thing is taking up mental space without contributing anything positive in return. Essentially, it's a way of saying that a particular thought, memory, or person is stuck in your head and you can't get it out.

Lock in: A term that primarily means to focus intensely or become fully committed to a task or goal. It can also be used to signify securing or finalising something, like a plan or agreement. The phrase is commonly used in various contexts, including sports, video games, and everyday conversations, often to express determination and dedication.

Looks Maxxing: To attempt to look better by 'maximising' one's looks.

Lover-boy: Traditionally, a lover-boy seduces young, vulnerable girls and boys over a lengthy period of time to exploit them sexually later on. It is often used to sexually traffic people.

Main Character: A phrase referring to someone who acts with extreme confidence, believing they are the central figure in their own life's story, much like a protagonist in a movie. This term originated on social media and often describes someone who behaves as if they are the star, with heightened self-importance, individuality, and confidence, sometimes with a touch of drama.

Man up: To try to deal with a situation in a way considered strong or manly. It enforces the male gender stereotype that men must be strong and unemotional.

Melt: Someone who is acting overly emotional, soft, or pathetic, especially in a romantic context.

Melt-maxxing: A social media trend whereby an individual begins by filming their face in a normal position. They then follow with a series of clips of them progressively making undesirable facial expressions, including pushing their chin inwards to create rolls. This trend aims to poke fun at the 'looksmaxxing' (see earlier) community.

Mid: Refers to something average, mediocre, or of low quality, falling in the middle of expectations rather than being exceptionally good or bad.

MMAS: Make me a sandwich, a term coined by Andrew Tate to say to women.

Negging: When you insult or undermine someone with the belief that diminished self-confidence will make them more receptive to sexual advances.

No Homo/ no diddy: an inherently homophobic term used at the end of a sentence to assert that whatever has been said had no intentional homosexual implications. "I love my friends, no homo". Diddy refers to the disgraced music mogul who may be homosexual. The new version of 'no homo/ no diddy' is "pause". E.g. "Yo bro I like your (out)fit. Pause."

NPC: An acronym for Non-Playable Character, an NPC refers to a person or group of people whose behaviour resembles that of a video game character, i.e., that they're coded and not fully fleshed out. For example, "That's NPC behaviour."

Numbered ranking: "She's a 10" and "He's a 3", rating an individual's looks on a scale from 1-10.

Nyash: A slang term meaning ass, booty, buttocks or backside.

Opp: A slang term derived from 'opposition' or 'opponent' referring to an enemy, rival, or adversary. It can also be used to describe a 'snitch'. It is commonly used in urban and hip hop culture to describe personal or group conflicts.

Peng/leng/buff/ beanie: Objectifying terms for an attractive girl/young woman.

Pick-me girl: A term for a girl who seeks a lot of attention from boys.

Pilled: A term from the incel community, individuals believe they have 'taken the red pill' which means believing far-right and misogynistic concepts.

PINK: Anything referencing PINK or details surrounding shades of pink, seemingly out of context. A form of sexual harassment whereby someone will comment on a girl/woman's media and state what colour they think/hope her vagina is, with no other context. It may be accompanied by other graphic vaginal descriptions (Eg "I just know its bubblegum" "light pink gorilla grip" "#F4C2C2"). A form of sexual harassment.

Pop off: A slang term that generally means to perform exceptionally well or to do something with great enthusiasm and flair. It can be used as a compliment when someone excels in a situation, is successful, or displays impressive talent. It can also describe someone who is expressing themselves passionately, sometimes with excitement or even anger.

Pre / Pre that: A slang term which means to look, watch, or observe with a deeper level of attention. It's not just a casual glance, but rather a more intentional observation. "Pre" can also mean to try, test, or taste.

PUA (Pick up artist): Pick up artists, self-identified as dating coaches, are a movement of men whose goal is seduction and sexual success.

Rage bait: Content, often found online, that is intentionally designed to provoke anger or outrage in viewers to increase engagement and potentially generate revenue. It's a tactic that exploits the human tendency to react strongly to negative or offensive content, driving clicks, comments, and shares.

Real: A term which primarily means genuine, authentic, or honest, especially in contrast to something fake or insincere. Example: 'You're a real one'. It can also be used to express agreement, emphasis, or even exasperation.

Revenge porn: A term used to describe image-based abuse. Refers to the non-consensual recording, distribution and/or threat of distribution of nude or sexual images/videos.

Rizz: One's ability to seduce a potential love interest. E.g. "You have weak rizz".

Roast: A term which means to tease or make fun of someone, often in a humorous or playful way, but sometimes more harshly. It can involve witty insults or clever comebacks aimed at exposing someone's flaws or awkwardness. The term can also be used to describe a more formal event where people publicly roast someone, delivering a series of prepared jokes at the person's expense.

SDIYBT: An acronym which stands for Start Diggin' In Yo' Butt Twin. It originated from a meme edit from the show SpongeBob. It means something or someone is annoying, irrelevant, crazy or irrational. It can be used to 'roast' (insult) someone or shut them down.

Sigma male: A positive term derived from the designation for Sigma animals. A sigma male describes an individual with the same hierarchy level as an alpha male but occupies a position outside a social group. This is seen amongst men as the ideal position.

Simp: To like someone a lot, often used as an offensive term for someone who is infatuated with someone.

Situation-ships: A romantic relationship that is undefined and sometimes uncommitted.

Skibbidi: A word that can have different meanings, such as 'cool' or 'bad', or can be used with no real meaning as a joke. An example of its use is "What the skibidi are you doing?"

Slap / That slaps: A slang term meaning something is excellent, impressive or impactful. It is commonly used to describe music, but also applied to food, movies and other experiences.

Smash: Another word for having sexual intercourse.

Soy boy: A term of disapproval used in online communities to describe men who lack stereotypically masculine characteristics and appear to be liberal and effeminate.

Stacey: Modern internet slang refers to a hyper-feminine woman who looks like a Barbie.

Stand on business: A term meaning to prioritise your own needs, values, and goals by taking action and following through on your commitments. It implies a serious, determined, and assertive mindset focused on responsibilities and self-respect, often involving setting boundaries and not allowing distractions to derail your goals. The phrase was popularised by Drake's song "Daylight" and comedian Druski.

Steez: A slang term, derived from the combination of "style" and "ease," that refers to a person's unique and effortlessly cool style, swag, or flair. It encompasses not just fashion, but also an individual's overall attitude and confidence.

Still: A slang term typically used at the end of the sentence to indicate agreement/validation, 'That's true, still', or to add emphasis to a statement ' , That was hype, still!'.

Stud: A word for a tomboy or a masculine-presenting girl.

Suss: A term which means suspicious or unsure, implying something is not quite right or trustworthy. It's a shortened form of "suspicious" and is used to describe people, situations, or things that seem off, questionable, or untrustworthy.

Tekky: A term that refers to someone who is very enthusiastic and knowledgeable about technical subjects, especially computing or technology. It's essentially a more informal term for "techie" or "technician". In British English, it can also be associated with the slang term "tekkers," which describes a player's impressive technique and skill, particularly in football.

TMP: An acronym meaning 'text me please', 'tag me please' or 'tell me please' which is commonly used on Snapchat.

Touch Grass: A slang term that means taking a break from excessive online activity to reconnect with the real world, often by spending time in nature. It is often used in a humorous fashion or lighthearted insult.

Towel method: biting on a towel to make your jawline sharper (like bonesmashing but less extreme), used in 'looksmaxxing' videos.

Tuff: A slang term used to describe something as 'cool' 'edgy' or 'awesome'. It is usually used in reference to someone's appearance or outfit.

Tung Tung Tung Sahur: A character who is part of the 'Italian Brainrot' trend (see earlier). He is an anthropomorphic wooden drum who wields a baseball bat as a weapon. According to the sound, if you are called for "Sahur" and do not respond/eat Sahur, then "Tung Tung Tung Sahur" will come for you.

Tweaking: A slang term meaning behaving in a wildly excited or agitated manner, especially as a result of using stimulant drugs.

Type Shii: Is slang, derived from "type of shit," often used to express agreement, relatability, or acknowledgement of a shared experience. It can be a way of saying "I feel you," "I understand," or "that's relatable".

Unc: A slang term, derived from "uncle," used to jokingly refer to someone, often a male, who is perceived as old, out of touch, or acting older than their age. It's often used on platforms like TikTok and Twitter in a humorous or lighthearted way to tease someone exhibiting "unc status".

W: A term that means "win" or "winning". It's used to express success, victory, or a positive outcome, often in contrast to "L", which means "lose" or "loss". Example: 'That was such a W'.

Ways of asking for nudes: "Do you send?" "What you on?" "Send." "Pics?"

Wet/soft: A derogatory term that describes someone acting weak, passive or emotional. E.g. "Stop being so wet/soft".

What the helly / helliante: This phrase 'what the helly' or 'what the helliante' originates from artist Rob49's song "WTHelly", a playful twist on the phrase "what the hell". In the song the artist says the line 'What the helly, what the helliante', this has since become a meme and the song has been used as a backing sound for TikTok videos.

What the sigma: A slang phrase, particularly used by younger generations, that expresses surprise, confusion, or disbelief, often with a hint of humour or sarcasm. It's a playful way of saying "what the heck" or "what the..." while incorporating the slang term "sigma". The term "sigma" itself can refer to a cool, self-reliant, and independent person, sometimes seen as an alternative to the "alpha male" stereotype.

Words for oral sex: Uck, top, neck, brain, knowledge.

W Rizz/ Infinite Rizz: To be smooth with the opposite gender.

Yappucino: A slang term, typically used on social media, to describe someone who talks excessively or for a long time about something that is not particularly interesting or meaningful. It combines the word "yap," meaning to talk a lot, with "cappuccino," referencing a coffee drink. The term is often used in a humorous or slightly critical way to suggest that someone is rambling or "yapping" on and on.

6-7 or 67: The phrase became associated with basketball player LaMelo Ball and originates from the drill rap song "Doot Doot" by Skrilla. "6-7" has been used to make memes and videos, including those of Ball with a commentator stating that he plays like a 6-foot-1-inch player despite being 6 feet 7 inches tall. The beat drops to the Skrilla song at the same time "67" is said. There's also a hand gesture associated with "6-7" which includes moving your right and left hand up and down with your palms flat.

Incel related terminology

2D>3D: The belief that 2D 'girlfriends' - which are AI chatbots, female anime or video game characters - are better than 3D (real-life) girlfriends.

80/20 Rule: Also known as the Pareto principle, this rule is used to illustrate the distribution of effects or a power law, and predicts that in many situations 80% of an outcome is produced by 20% of its causes. This is interpreted by the incel community in the context of dating, and assumes that 80% of women have access to the top 20% of men in a society, meaning that the 'bottom' 80% of men are left with the remaining 20% of females between them.

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AOC: Age of consent.

Ascend: To "ascend" is to leave incelism and access sex with a woman. This sex must not be paid for (e.g. escortcels have not ascended).

Atomic Black Pill: Sometimes referred to as the Nuclear Blackpill. The Atomic blackpill is any fundamental proof that women are shallow and are exclusively attracted to male physical traits. It includes 'blackpill science' experiments, for example, Tinder profile screenshots showing flirtations between women and a conventionally attractive male profile, despite him having the phrase "convicted three times for rape of a child" in his bio.

AWALT: Acronym for “All Women Are Like That”. An assumption that all women are driven by the same essential ‘female nature’ which drives their (mating) behaviour.

Based: The act of not caring about others’ opinions or being politically correct - incels are often praised for being ‘based’. The term originally referred to someone addicted to smoking crack cocaine.

Beta Orbiter: A Beta Orbiter is a man who spends a significant amount of time with a woman, feigning interest in her ideas and opinions, in an effort to date her. This term is often used to describe men who follow female content producers on social media.

Beta Bux: Any man who is not a Chad who is in a relationship with a woman. Women only settle for betabux either after they have hit ‘the Wall’, and can no longer access sex with Chads, or if they are secretly continuing to have sex with Chads while with a betabux. Women seek out betabux men for financial support.

Black Pill: The blackpill philosophy argues that an individual’s dating success is determined wholly by their physical attractiveness, and is thus determined at birth. Therefore, men who are genetically inferior cannot access sexual and romantic relationships.

Blue Pill: According to incels, an individual who has ‘swallowed’ the Bluepill remains in a state of blissful ignorance, and has not yet woken up to the fact that society discriminates against males, rather than females.

Bonesmashing: The notion that bones grow when exposed to repeated trauma. This is a violent method of looksmaxxing used by incels to change their physical appearance.

Catfishing: Creating a fake social media profile for the purposes of abusing or defrauding an individual online.

Chad: The archetypal alpha male believed to be favoured by society due to stereotypically Aryan good looks, genes, bone structure, hair, and height.

Chaddam: An Arab Chad.

Chadfishing: A form of catfishing where incels create dating profiles using images of conventionally attractive men. It is usually used to prove that women are more likely to interact with someone online if they are physically attracted to them.

Chadlite: A term used to refer to a lower tier Chad.

Chadpreet: An Indian Chad.

Chang: A South East Asian Chad.

Cheerleader Effect: The belief that women in groups appear more attractive than they would individually, like a group of cheerleaders.

Cucks: From the word cuckold, cucks are men who are emasculated through their own behaviour, for example by following the bluepill or wageslaving for a society that oppresses them.

FBIcels: A joke term referencing online incel communities' possible surveillance by the FBI. 'FBIcels' refers to FBI agents posing as incels.

Femoid / Foid: A shortened version of 'femanoid' - which is a combination of female and humanoid. A dehumanising term suggesting women are not human.

Game: Techniques used by pick-up artists (PUAs) to manipulate women into having sex.

Giga (prefix): A prefix describing something as the 'ultimate' version. When placed in front of 'Chad' or 'Stacy' it indicates ultimate physical attractiveness, or the top 0.1% of men/women. When placed in front of lifefuel such as giga-lifefuel it indicates the ultimate example of lifefuel for an incel.

Going ER: Named after Elliot Rodger, this term is used by incels to describe or laud the act of committing mass murder, or murder-suicide.

Goy / Goyim: Hebrew and Yiddish term for a non-Jewish person, synonymous with “gentile.” Used by far-right and occasionally incel forum users to signify their non-Jewish ethnicity, reclaiming what they interpret to be a derogatory term used by the Jewish community as a way of taking pride in the fact that they are not Jewish.

Gymmaxxing: Going to the gym to improve one’s physical attractiveness in order to access sex.

Halo Effect: The tendency to unconsciously view an attractive person as innocent, and assign them positive characteristics such as honesty, talent and intelligence. Incels see this social bias demonstrated by the case of Jeremy Meeks, whose mugshot was shared by the police in Stockton, California. Meeks’ photo went viral due to his good looks, and after completing his sentence, he was offered a modelling contract.

High T: High levels of testosterone.

High-tier: According to incels, an individual with above average physical attractiveness.

Hypergamy: The belief that women are evolutionarily predetermined to “marry up” by seeking out the most attractive alpha male. Hypergamy is premised on the belief that women are more sexually selective, and will leave less suitable men for men who are more physically attractive and have a better socioeconomic standing.

ITcucks: Refers to members of the subreddit r/IncelTears who monitor incel forums and post screenshots of disturbing content on Reddit for ridicule and admonishment.

JB: Jail bait. A sexually desirable girl just below the age of consent. The girl is considered ‘bait’ because she is a temptation to commit a crime by engaging in sex with an underage girl.

JBB: “Just Be Black” the suggestion that certain behaviours that allow you to access sex are only available if you are black (e.g. thugmaxxing).

JBPill: Jail Bait Pill. This is part of the ‘pill’ terminology and refers to accepting that “jail bait” is an anti-male concept that prevents incels from accessing sex with ‘prime’ aged girls.

JBW: “Just Be White” the suggestion that certain behaviours that allow you to access sex are only available if you are white (e.g. SEAmassing).

JFL: Just Fucking Lol. This can be used as a ‘tag’ on incel posts to describe the theme of the post, or as a comment. It is most often used in relation to examples of ‘normies’ behaving in ways incels believe to be stereotypical, such as openly talking about their preference for physically attractive people.

KHHV: Kissless, hugless, handholdless virgin.

Landwhale: A term incels use to refer to an overweight woman.

LARP: Stands for “Live Action Role Play” when used by incels, it describes someone who is pretending to be someone they’re not.

LDAR: Lay Down And Rot is a phrase claiming that self-development, positive behaviour or corrective actions (such as looksmaxxing) are pointless, and that an individual’s situation cannot be improved. To LDAR is to give up on activities that are inconsistent with a “rotting” lifestyle. Acceptable “rotting” behaviour includes browsing incel forums, watching pornography, withdrawing from human contact and remaining in bed.

Lifefuel: A term for something that encourages incels to continue living.

Low T: Low levels of testosterone.

Low-tier: According to an incel, a low-tier normie has below average physical attractiveness.

Maleleader effect: The opposite of the Cheerleader Effect. When the most attractive man in a group looks more appealing than if he was alone, and his male companions appear less attractive.

Manlet: A term used to describe a short man or man with a small physique.

Manosphere: Term for the loose collection of online anti-feminist, misogynistic, pro-men communities. The four distinct areas of the manosphere are the MRA, MGTOW, PUA and incel communities.

Marcel: An incel who is married.

MGTOW (Men Going Their Own Way): A subsection of the manosphere which advocates that men withdraw from romantic relationships with women, including refraining from having a child other than through surrogacy, and enforcing a strict gender hierarchy.

Mogs / Mogged: An act of dominating someone by being more physically attractive. One can be mogged on a variety of physical characteristics (e.g. “height mogged” or “wrist mogged”).

MoneyMaxxing: MoneyMaxxing refers to engaging in any activity that will earn money, in the hope that becoming wealthier will increase your sexual market value (SMV), and in turn your dating success.

MRA (Men’s Rights Activists) A subsection of the manosphere focused on political and legal change that advances men’s interests, such as reducing divorce settlements and child support payments, as solutions to their perceived oppression.

NEET: Standing for “Not in Education, Employment or Training”. Living a NEET lifestyle is respected by incels because it represents the act of removing oneself from an oppressive society.

Nice guy / Nice guy syndrome: label/term for men who believe they are entitled to relationships because they possess personality traits that make them good partners.

Normie: An individual who is not part of the incel community.

NPC: Stands for Non-Player Character, referring to automated characters in video games who cannot be controlled. NPCs are understood by gamers as basic, pre-programmed entities who can't think for themselves, relying on preset coding and graphics. For incels, NPC has become a term for individuals who are seen as part of 'the system', and believe in politically correct or left-wing narratives and are not awake to the 'truth' of the world (see Redpill, Blackpill).

Omega: A man who has trouble interacting with the female population and thus has 'no prospect' of a relationship.

Pink Pill: The female version of the incel blackpill. Although incels do not believe women can be part of their community, there is a small group of women who believe that no matter how hard they try to fit society's idea of a 'perfect woman' they will never find a partner.

PSL Rating: A 10-point scale used to rate an individual on their physical attractiveness. PSL is an acronym of PUAhate, SlutHate and Lookism - three defunct online forums where the PSL rating system was created and proliferated.

PUA (Pick-Up Artist): A subsection of the manosphere that follows the redpill ideology. PUAs' goal is to maximize the number of women they have sex with through learning "game", or techniques that manipulate women into having sex.

r/Braincels: An alternative subreddit for r/incels, which was banned in 2017 for breaching Reddit policy. In 2019 r/Braincels was also banned.

Red Pill: Refers to an individual waking up to the real world. Those who subscribe to the redpill ideology argue that women are markedly better off than men.

Scientific Black Pill: 'Scientific' evidence used by incels to support their ideology. This evidence is usually misinterpreted data from wider scientific or economic studies, which is used by incels to explain women's behaviour.

SEAMax / SEAMaxxing: The attempt to improve one's dating ability by travelling to Southeast Asia. This is based on the theory that native Southeast Asian men are not desired by women, and that white men with 'Nordic' looks are preferred, therefore making it easier for a white, Western man to access sex in Southeast Asia.

Sexual Marketplace: The sexual marketplace is the modern-day dating world.

SMV: An acronym for “Sexual Market Value”. This is a metric that measures an individual’s sexual desirability. According to the incel community, this is the primary measure of an individual’s worth.

Soyciety: An extension of the Soyboy, suggesting that society (usually the commenter’s) has lost its strength and integrity by pandering to left-wing politics, feminism and LGBTQ+ inclusion.

StatusMaxx: To StatusMaxx means to increase one’s social status, in efforts to increase their SMV and dating success. Some examples of StatusMaxxing would include adopting a particularly impressive career, succeeding in athletics, or becoming famous.

Sub 8 Law: The incel belief that men with a PSL rating below 8 are unable to access sexual or romantic relationships.

Sub 9 Law: The incel belief that men with a PSL rating below 9 are unable to access sexual or romantic relationships.

Suifuel: Short for suicide fuel, suifuel is an idea or post that drives an incel further into self-hate, fuelling their desire to kill themselves.

The Wall: The Wall, or the “agepill”, is the maximum age that a woman reaches before her SMV starts to decrease. According to incels this age is 25.

TicTacs: Used in the context of a woman overdosing on TicTacs, implying any attempt at suicide is just attention-seeking behaviour.

TikTok Pill: An example of incels keeping up with current trends, the TikTokpill claims that the social media platform TikTok is dominated by Chads and Stacys.

Tyrone: A black Chad.

Wagecuck: A male who works, and therefore contributes to a society that is inherently oppressive to men. Incels who work describe themselves as wagecucks.

Waifu: An animated, fictional female character, usually from anime, that an individual has a romantic feeling for.

White Knight: A man who rushes to a woman's aid in any situation. He usually acts heroic or protective in order to feel better about himself.

Gang related terminology

24s: All day.

Abando: An abandoned building used for drug use/squatting.

Active: Someone who is willing to carry out an action.

April: A weapon.

Baby Gangsta: A young member, about 9 to 12 years old.

Bagging: Used to describe someone who packages drugs for distribution.

Bagging: Stabbing in the lower body.

Bait: Easy caught.

Baller: Gang member making money, high roller.

Bangin': Short for gang banging.

Beat in: A gang initiation.

Beef tings: To start a conflict or fight.

Bells: Bullets.

Bird / stretch: A term used to describe an individual serving a long prison sentence.

Blockers: Running or operating in a particular area or block.

Bora / borer / ching / dipper / rams / ramsay / shank / sword: A knife.

Ox / can: Another term for prison.

Breeze off: To leave town or disappear.

Bull, feds, jakes, jaykes: The police.

Burner: A cheap phone.

Burner / iron / machine / mash / matic / scram / spinner / stick / strally / strap sig / cig / tum-tum / wap: A gun.

Can: Someone serving time in prison.

Canned, nailed, bagged: To be arrested.

Certy: An individual who has gained respect from his peers.

Chef / chinged / yinged / dipped / swimming / kweng / shanked / wet / splash-up / splash-down / nank / splash: To be cut or stabbed.

Chete: A machete.

Corn: Ammunition.

Cuckooing: Cuckooing is when drug gangs take over the home of a vulnerable person through violence and intimidation, using it as their base for selling/manufacturing drugs.
Cunther: Used by gangs to describe a woman who is inferior to dogs.

Dark/light: Heroin and crack.

Deal line: Countyline phone.

Dinger Stolen: A car used on a ride out or glide.

Dipping / Cheffing: Stabbing.

Dottie / dumpy: Shotgun.

Drawn out: Involved in gang culture or under pressure from street crime.

Driller: Someone who is perceived to be in a gang.

Drilling: Attacking, aggressing, or invading.

Duppying / done up / slapped / smoked / score / merk: Used interchangeably for killing.

Ends: Your home area.

Finessed / stained / sucked: When an individual has been robbed for their possessions (for example, drugs).

Flippin' chickens: A 'chicken' is another word for a kilo of cocaine. The act of 'flippin' chickens' can simply mean selling kilos of cocaine or crack for a higher price than they were purchased for. In some cities, 'flippin' chickens' is the act of buying a kilo or more of cocaine and cooking it and transforming it into crack cocaine; this process actually adds weight and volume to the final product, making it much easier to turn a profit.

Food: Drugs.

Frying / Wooshing: Shooting.

Gearstick: A bat.

Glide: Drive into perceived rival territory.

Gliding / Touring: Visiting enemy territory.

Going Country / OT / Going Cunch: This is the most popular term that describes county lines activity. It can also mean the act of travelling to another city/town to deliver drugs or money.

Got: To be attacked or robbed.

Hand ting / trey: A pistol.

Heeled: Possession of drugs or a weapon.

Hitter: Gunman.

Joey / Clean skin / Bic: A person used by a gang to sell to customers, often someone with no criminal record, making them a target of exploiters.

Kester plant: Drugs hidden in the rectum.

Ketchup: Blood.

Lacking: Being caught outside alone or caught off guard.

Looms/Smart Whips: The laughing gas (nitrous oxide).

Mac(k): An automatic firearm.

Matrixed: Placed on the London Met Police gang database.

Merk: Murder.

Mop: A large gun.

Mule hearer: A recruiter who looks for recruits for financial exploitation.

Nitty: Term used to describe dirty or cheap drugs or someone who is addicted to drugs.
No face: Masked or identity concealed.

OPS / OPPO: This refers to opposition as in a rivalling neighbourhood gang.

OJ, one job: A person involved in drug supply or involved in an ongoing conflict or violence.

Ooters: Shooters.

Opp-block: Perceived enemy territory.

OT: Out trapping, out there. See 'Trapping' for context.

Ox: Razor or blade.

Pagan: A person who moves between gangs / has no loyalty.

Pave: Streets.

Pebbs / pebbles: Pellets of heroin, crack, or steroids.

Plugging / bottling / stuffing: This is where things have been concealed for transporting, usually inserted into the rectum or vagina.

P's / Gwop / Lizzie's: Money.

Rambo: A large knife or machete.

Ride out for (someone): To defend someone, even if guilty.

Riding dirty: Someone armed and/or in possession of drugs.

Roadman: A person who makes money illegitimately on the streets (for example, by selling drugs, cultivation, and so on).

Scoreboard / Scorecard: A list of enemies killed, injured, or defeated.

Shank / Skengs / Ramsays / Swords: A knife.

Shotter: A drug dealer.

Skate / skeet / leggin / ten toes / dasheen: To run away or escape.

Slipping: Being found in the wrong place/not your area/not being ready for something.

Smurfer: Young person being financially exploited.

Snitch: Someone who is believed to be an informer, to speak to the police.

Spinners, Mashers, Burners: A handgun.

Square: Another term for a bank card.

Squaring: Using a child's bank account/gaming accounts to 'clean' money.

Squirt: Spray acid over someone.

Sticky: A dangerous situation.

Stigger: A good driver.

Stiggin': A type of driving, reckless but seen as good.

Strapping: Carrying a gun or firearm.

Tec: A handgun.

To shank someone: To stab someone.

Trap House / Bando: A building used as a base from where drugs are sold (or sometimes manufactured). These houses are usually occupied by someone (Often adult drug users, but sometimes children are forced to stay in trap houses).

Trap Line: This refers to when someone owns a mobile phone specifically for the purpose of running and selling drugs.

Trapping: The act of selling drugs. Trapping can refer to the act of moving drugs from one town to another or the act of selling drugs in one.

Turn a drum over: A police search of a house.

Twanged: To coerce someone into doing something or believing a story.

Washed: A term used to describe someone who isn't held in high regard.

Weff / queff: Violence or to kill with gun or knife.

Whip: A car.

Woolies: A marijuana cigarette laced with cocaine.

Wrap: Street quantity of heroin or cocaine sold in small, folded paper bag or foil packets.

Zanged: A term used for individuals who have been deceived.

ZK: A term used for zombie knives.

“G”: A gram of illegal drugs.

“Q”: A quarter of an ounce of drugs.

Taken from:

Division Trust - County lines slang

The Children's Society - The Slang Dictionary

Catch 22 - County Lines slang