



Online Language & Slang Guide for Parents

A reference guide to common digital language, slang, and online terms parents may encounter

How to Use This Guide

Online language evolves quickly. Many words listed here are **harmless in some contexts and concerning in others**. This guide is intended to support understanding — not to suggest that any single term automatically signals danger.

Patterns of behavior, secrecy, and emotional changes matter more than individual words.

COMMON ONLINE SLANG (GENERAL USE)

- **Bet** — Okay; agreed
- **Cap** — A lie
- **Delulu** — Delusional; often joking
- **High-key** — Obviously; openly
- **Low-key** — Subtle; quietly
- **NPC** — “Non-player character”; someone who follows along without thinking
- **No cap** — Truth; not lying
- **Rizz** — Charm or charisma

- **Skibidi** — Meme-based nonsense word
- **Soft launch** — Posting someone subtly
- **Hard launch** — Posting someone publicly

CODED SEXUAL LANGUAGE (CONTEXT MATTERS)

- **AFK** — Away from keyboard
- **Down bad** — Strong attraction
- **HMU** — Hit me up
- **LB?** — Like back
- **Link?** — Asking for location or connection
- **Send pics? / Snaps?** — Requesting images
- **Thirst trap** — Intentionally suggestive photo
- **99% angel** — Trend sometimes used to imply sexualized innocence

FAITH-COMMUNITY LANGUAGE (CONTEXTUAL)

- **Church hurt** — Pain related to religious experiences
- **PK energy** — Pastor's kid stereotype
- **Saved-ish** — Religious identity with flexibility
- **Youth-group crush** — Romantic interest in religious settings

GAMING-RELATED LANGUAGE

- **Add me on Discord** — Moving communication off a game platform
- **Boosting** — Helping someone rank up
- **Cam?** — Asking for video
- **Carry me?** — Asking for help winning
- **Customs** — Private matches
- **Drop your @** — Asking for social handle
- **Duo?** — Playing together privately
- **Face reveal?** — Asking to see someone
- **On mic?** — Voice chat
- **Party up** — Join a private session

HIDDEN OR SECONDARY ACCOUNTS

- **Alt / Alt acc** — Alternate account
- **Anon IG / Tok** — Anonymous Instagram or TikTok account
- **Burner** — Temporary or anonymous account
- **Cord** — Discord
- **Finsta** — Fake or private Instagram
- **Priv / Private story** — Limited-audience content
- **Rinsta** — Real Instagram
- **Spam** — Secondary account for unfiltered content

LANGUAGE THAT CAN SIGNAL GROOMING OR EMOTIONAL MANIPULATION

These terms may be used innocently or manipulatively. Context and patterns matter.

- **“After dark”** — Late-night or sexualized content
- **“Don’t break the bond”** — Trauma-bonding language
- **“Loyalty test”** — Pressure to prove allegiance
- **“No one gets you like I do”** — Emotional isolation
- **“Private story?”** — Invitation to limited-visibility content
- **“Prove it”** — Escalating pressure
- **“Trust test”** — Psychological manipulation
- **“You’re different”** — Grooming opener
- **“You’re my favorite person (FYP)”** — Emotional dependence

MENTAL HEALTH & SELF-HARM LANGUAGE

These phrases may reflect humor, stress, or serious emotional distress.

- **“0/10 day”** — Very bad day
- **“Bonded through pain”** — Phrase associated with self-harm communities
- **Cutsigns** — Self-harm marking reference
- **KMS / KYS** — “Kill myself / yourself”
- **“I’m done”** — Emotional exhaustion
- **“I’m not okay fr fr”** — Emotional honesty
- **“No one would notice if I disappeared”** — Concerning statement

- **Trauma dump** — Oversharing emotional pain

TERMS ASSOCIATED WITH HARMFUL ONLINE GROUPS

These terms are uncommon in everyday use and may appear in more concerning spaces.

- **Activating** — Encouraging harmful behavior
- **Archive drops** — Hidden shared content
- **OG server** — Older, unmoderated chat space
- **Prove loyalty** — Coercive pressure
- **Task** — Assigned challenge
- **Upper tier / Lower tier** — Ranking systems

DRUG, VAPING & PARTY LANGUAGE

- **Edibles / Gummies** — THC products
- **Perk** — Percocet
- **Puff / Rip** — Vaping
- **Rager** — Party with substances
- **Sneaky link** — Secret meetup
- **Tweak** — Acting erratically
- **Zaza** — Marijuana

A Note to Parents

Seeing a word on this list does not mean something harmful is happening.

Pay attention to:

- Secrecy
- Escalation
- Emotional distress
- Isolation

Curiosity and conversation are more effective than confrontation.

How Mercy Seat Supports Families

Mercy Seat provides parent education, prevention resources, and guidance to help families navigate online life with clarity and confidence.