

SLANG	WHAT IT MEANS
Bussin'	Really good (usually food or music)
Cap/No Cap	Lie vs. telling the truth
Cheugy	Trying too hard, outdated
Clock It	Notice something, call out the truth (comes from ballroom culture)
Delulu	Delusional, unreasonably optimistic
Demure	Mindful, subtle, not overdoing it
Dead 🤪	Something was hilarious
Drip	Great fashion sense or style
Fire 🔥	Really good, impressive
Girl Math	Making justifications that don't follow logic (humorously)
Ghost	Cut off communication without explanation
Gyatt	Expression of surprise or amazement
It's Giving...	This gives off the vibe of...
It Is What It Is	Acceptance that something is beyond your control
Menty B	Minor meltdown or comedic stress
Mid	Mediocre, unremarkable
No Lie/Facts	Telling the truth, or emphasizing agreement
Period/Periodt	Ending a statement with strong conviction
Pookie	Term of endearment

POV	Point of view (TikTok scenario format)
Pressed	Needlessly upset or overreacting
Rizz	Effortless charisma
Say Sike Rn	Are you joking?
Slay	Do something exceptionally well
Simp	Someone who tries too hard to impress someone they like
Sus	Suspicious
Tea 🍵	Gossip or juicy information
Unalive	Euphemism for 'kill' (often used ironically)
Vibe Check	How is everyone? Do they have good energy?
W	Win (any positive achievement)

TikTok has become a major part of young people's social lives, and with it comes a whole new vocabulary! If your child is saying things like "that's fire," "no cap," or "clock it," they're speaking the language of Gen Z.

While it might sound confusing at first, understanding this slang helps you connect with your children and stay aware of their world.

Most of this slang isn't random—it comes from real communities and cultures, particularly Black culture and LGBTQ+ ballroom communities. Many terms have been used for decades but have become mainstream through TikTok's viral nature. Respecting these origins matters.

The key thing to remember is that slang changes constantly. What's popular this month might be "mid" (mediocre) next month. Rather than trying to stay perfectly up to date, use this guide as a starting point and ask your children to explain what new words mean.

They'll appreciate that you're genuinely interested in understanding their world.