

# Teen Slang Cheat Sheet 2026

What the words actually mean – for parents, teachers and the confused

| Word                      | Meaning                                                |
|---------------------------|--------------------------------------------------------|
| <b>67</b>                 | a meaningless catchphrase kids shout for fun           |
| <b>Ate</b>                | did something perfectly                                |
| <b>Aura</b>               | your cool, confident presence                          |
| <b>Aura farming</b>       | acting effortlessly cool to look impressive            |
| <b>Based</b>              | confident and true to yourself                         |
| <b>Bed rot</b>            | staying in bed all day to rest                         |
| <b>Bestie</b>             | best friend                                            |
| <b>Bet</b>                | okay, deal                                             |
| <b>Brainrot</b>           | silly online content that eats your attention          |
| <b>Brat</b>               | confident, messy and unapologetic                      |
| <b>Breadcrumbing</b>      | giving just enough attention to keep someone hoping    |
| <b>Bruh</b>               | disbelief or disappointment                            |
| <b>Bussin</b>             | really delicious (or excellent)                        |
| <b>Cap</b>                | a lie                                                  |
| <b>Cheugy</b>             | out of date or trying too hard                         |
| <b>Chopped</b>            | unattractive or in bad shape                           |
| <b>Chronically online</b> | spending so much time online that it shapes your views |
| <b>Clock it</b>           | notice or spot something                               |
| <b>Cooked</b>             | in big trouble or doomed                               |
| <b>Crashout</b>           | a dramatic meltdown or reckless reaction               |
| <b>Cringe</b>             | embarrassing                                           |

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|-----------------------|---------------------------------------------------|
| <b>Delulu</b>         | unrealistically optimistic (playfully delusional) |
| <b>Demure</b>         | modest, calm and polished (often ironic)          |
| <b>Doomscrolling</b>  | endlessly scrolling bad news                      |
| <b>Drip</b>           | stylish clothes or look                           |
| <b>Era</b>            | a phase you are in                                |
| <b>Fanum tax</b>      | a friend "taxing" a bit of your food              |
| <b>Fit check</b>      | showing off your outfit                           |
| <b>Flex</b>           | show off                                          |
| <b>FR</b>             | for real                                          |
| <b>Ghosting</b>       | suddenly cutting off all contact                  |
| <b>Girl math</b>      | playful logic that justifies spending             |
| <b>Glazing</b>        | over-praising someone                             |
| <b>Glow-up</b>        | a big positive makeover or improvement            |
| <b>Goated</b>         | the greatest of all time                          |
| <b>Green flag</b>     | a good sign                                       |
| <b>Highkey</b>        | very, openly                                      |
| <b>Hits different</b> | feels special or more intense than usual          |
| <b>It's giving</b>    | it gives off the vibe of                          |
| <b>IYKYK</b>          | if you know, you know                             |
| <b>Let him cook</b>   | let them do their thing                           |
| <b>Locked in</b>      | fully focused                                     |
| <b>Lore</b>           | backstory or interesting history                  |
| <b>Lowkey</b>         | a little, secretly                                |

Definitions by VibeDex. Slang changes fast – full entries with examples online.

Full dictionary: [vibedex-4k5.pages.dev/slang/](https://vibedex-4k5.pages.dev/slang/)