

Aussie Dad's Slang Cheat Sheet

2026 Edition

Decode the lingo. Stay in the loop.
Understand what your kid is actually saying



6 7 (six seven)

A throwaway response with no literal meaning. Used as a sound rather than a word - often to keep things moving or show you're on the same wavelength.

AF

Short for "as fuck". Used to emphasise intensity. "I'm tired AF."

Ate / Ate that / Ate that up

Means someone absolutely nailed it. Crushed it. No crumbs left. "She ate that presentation up."

Based

Saying what you think without apologising for it. Kids respect it. "He said it straight. Based."

Bet

Means "yes", "deal", or "I'm in". "You coming later?" - "Bet."

BFFR

Be fucking for real." Used when someone's talking rubbish. "You think that's fair? BFFR."

Bodying / Bodied

Someone completely dominated a situation or argument. "She bodied that debate."

Bruh moment

One of those moments where everything goes wrong at once.. "Forgot my lunch. Bruh moment."

Bussin

Really good. Mostly used for food. "This burger's bussin."

Canon event

A painful or awkward experience they believe they had to go through to grow up. "That breakup was a canon event."

Cap

Means lie. Simple as that.. "That's cap."

Cook / Cooked

"Cook" means someone did something well. "Cooked" means someone's finished or exposed. "She cooked with that idea." - "He lied and got cooked."

Core

Something that's so typical of someone it might as well be their brand. "Black coffee, no sugar - that's him-core."

Crashing out

Losing the plot emotionally. Spiralling over nothing. "He's crashing out over a comment."

Deadass

Means "I'm serious". No joke. "Deadass, I didn't touch it."

Delulu

Short for delusional. Usually said with affection, not cruelty. "You think she's texting back? Bit delulu."

Doing too much

Trying way too hard or overreacting. "It's not that deep - you're doing too much."

Down bad

Embarrassingly invested in someone. We've all been there. "He liked her post from 2018. Down bad."

Dragged

Publicly roasted or called out. "He got dragged for that comment."

Drip

Someone's outfit or style. "His drip's clean."

Fan behaviour

Being a bit too obsessed with someone. "You liked every post? Fan behaviour."

Emo

Moody, dramatic, or deep in feelings. "He's in his emo era again."

Fan behaviour

Being a bit too obsessed with someone. "You liked all her posts? Fan behaviour."

Free

Easy. No effort required. "That test was free."

Gaslight

Messing with someone's head by denying reality. "He kept denying it - gaslighting."

Gatekeep

Refusing to share information or tips. "She gatekeeps her playlist."

Ghosting

Disappearing instead of having an awkward conversation. "He ghosted after two weeks."

Gassed

Overconfident after minimal success. "He's gassed after one compliment."

Glow-up

A noticeable improvement - confidence, looks, or both. "She's had a massive glow-up."

Green flag / Red flag / Beige flag

- **Green flag** – good sign.
- **Red flag** – warning sign.
- **Beige flag** – weird but harmless.
“He names his plants. Beige flag.”

Hard carry

One person doing all the work while everyone else cruises.

“She hard carried that group project.”

Hard launch / Soft launch

Hard = official relationship reveal.

Soft = subtle hint without saying it outright..

“That post was a hard launch.”

Highkey / Lowkey

Highkey = openly.

Lowkey = quietly or secretly.

“Lowkey want to leave early.”

Him / She's her

Someone at the top of their game.

“He's him.”

Ick

A tiny thing that instantly ruins attraction.

“He clapped when the plane landed. Ick.”

IDGAF era

A phase where they stop caring what people think.

“I'm in my IDGAF era.”

Insta stalk

Scrolling way too far back on someone's Instagram.

“I insta-stalked him back to 2019.”

It's giving / It's not giving

Whether something matches the vibe they expected.

“It's giving effort.” / “It's not giving.”

It's the ___ for me

Calling out one specific detail.

“It's the confidence for me.”

L / W

Loss or win. Nothing complicated.

“Failed the test — L.”

Let him cook / Let her cook

Basically: let them keep going, they're onto something.

“Wait, let her cook.”

Living rent free

Something you can't stop thinking about.

“That song's living rent free in my head.”

Lore

Someone's backstory or history.

“What's the lore here?”

Love bomb

Coming on way too strong at the start.

“He love-bombed then vanished.”

Main quest / Side quest

Big life stuff versus minor errands.

“Therapy's the main quest.”

Mid

Average. Overhyped.

“That movie was mid.”

NPC

Someone with zero personality or awareness.

“Total NPC energy.”

Not that deep

You're overthinking it.

“Relax - not that deep.”

On God

Used to swear they're telling the truth.

“On God, I didn't.”

Out of pocket

Wildly inappropriate or unexpected.

“That comment was out of pocket.”

POV

Setting up a scenario or joke.

“POV: you forgot photo day.”

Ratio

When replies get more attention than the original post - usually not a good sign.

“He got ratioed.”

Real one

Someone dependable. Shows up.

“He helped me move - real one.”

Rizz

Flirting ability or charm.

“He's got rizz.”

Salty

Still annoyed about something.

“He's salty he lost.”

Say less

Message received. No explanation needed.

“You've got snacks? Say less.”

Side eye

Silent judgement. No words required.

“Crocs to dinner? Side eye.”

Slaps

Really good.

“That song slaps.”

Slay

Doing something confidently and well.

“You slayed that.”

Simp

Trying way too hard for someone who's not returning it..
"He does her homework - simp."

Situationship

More than a fling, less than a relationship.
"They're in a situationship."

Suss

Doesn't add up.
"That story's suss."

That's a reach

Bit of a stretch.
"That conclusion's a reach."

That's wild

Genuine disbelief.
"She moved countries overnight? Wild."

This ain't it

Not acceptable. Full stop.
"That behaviour? This ain't it."

Touch grass

Get off your phone and go outside.
"You've been online all day - touch grass."

Touch starved

Not getting enough physical affection.
"I haven't hugged anyone in weeks."

Type shi

Casual agreement.
"Yeah, type shi."

Unalive

Online way of saying "dead" to avoid filters.
"That clip was unalive-level cringe."

Valid / Not valid

Approved or rejected.
"That reason's valid." / "Not valid."

Vibe check

Quick read of someone's energy.
"He failed the vibe check."

Yeet

Throwing something with commitment.
"He yeeted his phone."

**Know the lingo. Stay in the loop.
Be the dad they didn't see coming.**

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