

# 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."*

### Bodding / 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.s  
*"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.**

Join Aussie Dadding for more tools and no-fluff parenting  
advice that helps you connect with your kid — one conversation at a time.



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