

Lingo of Millennials and/or GenZs

The following are words identified on the internet as frequently used or at least understood by Millennials and/or GenZs that would not normally be used by older generations with the same meaning.

1. **Adulting** - No one likes “adulting,” least of all millennials. The term refers to the mundane tasks of doing laundry, cooking, and paying bills. The very existence of a specialized word for doing these tasks is a subtle nod to millennials' delayed development in hitting adult milestones, according to lexicographer Jane Solomon.
2. **And I oop** - You can say "and I oop" when someone says something unexpected or provocative.
3. **Bae** - My bae, your bae, you are bae. Bae is a pretty controversial millennial word that even some millennials hate, but it's still in use. Bae is used to refer to a significant other or good friend to show your infatuation with someone. Everyone wants a #bae, especially because that means you can steal your bae's sweatshirts.
4. **Basic** - Basic means exactly what you think; that you're boring and you like basic things. Classified as basic things are PSL's, Uggs, and boring leggings (here are some not-so-basic leggings). Sometimes you might spill tea on a basic bitch, and being basic is definitely not a good thing.
5. **Bet** - Bet is used when you're in agreement with something. If someone makes plans and you say "bet," that means you are confirming said plan.
6. **Bougie** - “Bougie” is a term used to describe someone who acts as though they are of a higher socioeconomic class and stems from the French word “bourgeois” (middle class). The term has been popularized by rappers and other celebrities in the past few years. Some examples of “bougie” things include designer coffee, rose wine, and private schools starting with pre-K.
7. **Bounce** - When someone says they need to “bounce,” it means they need to leave—fast. It may have originated from the term "bouncer," or someone who rejects people from the door of a nightclub.
8. **Bruh** - Generally used to start off a story. You can call anyone a bruh but should probably reserve it to friends and not, say, a supervisor. For example: "Bruh, you won't believe what just happened to me."
9. **Can't even** - A grammatical nightmare, this phrase means someone is so exasperated that they can't even deal with completing the phrase properly. When someone “literally can't even,” it means they can no longer deal with a particular person, situation, or thing.
10. **Canceled** - Almost anything can be "canceled"—a person, a fast-food restaurant, or an especially rough year. Frequently applied to celebrities who commit a public gaffe (i.e. "Taylor Swift is canceled"), the term is a wholesale rejection or rebuke. Sometimes it translates to an actual boycott, but often it's simply a Twitter joke.
11. **Chad** - These days, a Chad would be a hyper-masculine and overtly sexual young man
12. **Clap back** - To “clap back” is the best way to respond to criticism or insults. A person may “clap back” at a frenemy who mocks their outfit by responding with a sharp comeback with attitude.
13. **Cray** - Short for “cray cray,” which was originally slang for crazy, “cray” just means crazy. The phrase was popularized by the song “N****s in Paris” by Jay-Z and Kanye West.

14. **Dank**- While the dictionary definition of "dank" means unpleasantly humid or damp and chilly, as slang the term refers to something else entirely. The word can be used to describe someone's level of coolness. Calling someone "dank" is the equivalent of calling them cool or great.
15. **Dead** - When someone has laughed so hard they can't laugh anymore they're "dead." The term is often seen in response to memes or other phrases.
16. **Dipset** - It means to bail on something--to leave because something is lame. You might "dipset" from a meeting if the topic is boring. If you use this one, let me know if people understand you.
17. **Eboy or egirl** - The internet says these are active internet users, often stereotyped as having an "emo," punk-rock style. The terms seem to be gaining on TikTok.
18. **Extra** - "Extra" is a term used to describe something that is overwhelming or one step above too much. For example, a person who wears a ballgown and tiara to a picnic is being "extra."
19. **Fam** - For such an in-touch generation, it should come as no surprise that millennials treat their friends like family. "Fam" refers to individuals in a person's closest inner circle. A person's "fam" is someone they believe they can trust and consider family, whether blood-related or not.
20. **Finesse** - Maybe not exclusive to millennials, this verb means to charm, steal, or smooth things out. For example, a person may "finesse" their way to the top of the corporate ladder.
21. **Fire** - A "fire" millennial is one who's exceptionally cool or great. Coincidentally, it also stands for "Financial Independence, Retire Early," which may be a goal that many millennials strive for, especially as social institutions like Social Security become less available to them. It also means great, amazing, wonderful, all the good things. If you go over to your grandmother's house and she makes that sweet potato pie you like so much, you can say, "Thanks grams! This pie is FIRE!" The fire emoji can work too.
22. **FOH** - FOH is a newer term that has surfaced recently, and simply means "Fuck outta here." It's short, sweet, and to the point. It can be a little bit difficult to decipher at first, but once you get the meaning it has limitless applications!
23. **FOMO** - "FOMO" stands for fear of missing out and refers to a form of social anxiety that may be fueled by the internet age when there seems to be constant communication and a stream of social events. "JOMO," on the other hand, is the joy of missing out and is described by Psychology Today as the "emotionally intelligent antidote to FOMO."
24. **Ghost** - Probably one of the most notorious millennial behaviors, "ghosting" refers to completely disappearing after hanging out and showing interest, whether in a potential partner, a career opportunity, or a friend. If someone suddenly stops answering texts, calls, or social media messages, they have "ghosted."
25. **Goals** - Like many other millennial sayings, "goals" is a subtle way of expressing jealousy or admiration. Some common uses might include "That apartment is goals" or "That couple is relationship goals."
26. **Goals AF** - If someone ever tells you you're goals AF you should be super complimented. Goals means that you are that person's goal, either physically or mentally, and AF simply means "as fuck". For example Morticia and Gomez Addams are my relationship goals AF.
27. **GOAT** - An acronym for Greatest of All Time, "GOAT" is often used to refer to an expert in their chosen field. "Serena Williams is the GOAT in tennis," might be one use of the phrase.
28. **Gucci** - "Gucci" can mean okay, cool, or great. The phrase can be used as an adjective or to express a feeling. If someone ask you if you're OK, you can say, "I'm gucci" or say, "It's all gucci."

29. **Hangry** - This term is a combination of hungry and angry. "Hangry" describes feeling both irritable and hungry. For example, a person may feel "hangry" if they skip a meal.
30. **High-key/Low-key** - "High-key" and "low-key" are adjectives used by millennials to describe their level of enthusiasm for something. If a person "low-key" loves something, they're subtly excited about it. However, a person who "high-key" loves something is crazy about it.
31. **Humble brag** - A "humble brag" is a falsely modest statement that often consists of just enough self-deprecation to mask outright gloating. Someone who says that they're overwhelmed with packing for their upcoming Aspen ski trip is "humble bragging" because they're complaining and showing off at the same time.
32. **Hundo P** - Short for "hundred percent." Absolutely, for sure, you are definitely confirming that thing 100 per cent. Want to go to Costco for free sample day? Hundo P.
33. **Hunty** - Hunty is a word that started in the drag queen universe, and was quickly adopted by millennials. Hunty is a name to call someone when they are throwing shade and you want them to know that you know. If someone has a cute shirt but won't tell you where it's from, you would say something like "Okay, I see you, hunty."
34. **I can't even** - When you hear this phrase at work, watch out. It means the speaker is losing patience, is at a loss for words, and is pretty annoyed about something.
35. **I'm dead** - The person saying this is not actually dead. This phrase is used in response to something that's so hilarious it has you figuratively dying from laughter. Also used in place of physically laughing
36. **IRL** - "IRL" stands for "in real life" or anything not taking place on social media, over text, or on television. For example, someone may be very contentious online, but scared of confrontation IRL.
37. **It me** - This shortened version of "it's me" is often used as a term of agreement and self identification. It means the person identifies with the topic, but they don't want to explain at length. It's just a quick way to say you can relate to something.
38. **JK--just kidding--**is not a new abbreviation, but it has stood the test of time. It's used when someone has made a joke and wants to make you pick up on the humor.
39. **JOMO** (Joy of missing out) - Millennials like to take an overused acronym like FOMO (fear of missing out) and twist it to their will. The "joy of missing out" means missing something that was lame in the first place.
40. **Karen** - Poor Karen. She's right up there with Felicia. A "Karen" is typically used to refer to an entitled mum, who can be a bit irritating with her frequent requests to "talk to the manager." She may also have a giant bob haircut and drive a Volvo.
41. **Left on seen** - This phrase refers to a text or message that has been read but not responded to. Being "left on seen" or "left on read" occurs often in the modern social media-driven age, but can still make someone feel ignored or insulted.
42. **Lit** - "Lit" is a term used to describe something that's fun, exciting, or crazy. A great party that's turned up or popping can also be described as being "lit" in millennial speak.
43. **Mood** - Something is a "mood" when it's relatable. Often used as a photo caption, the term is a quick way to say, "This is how I'm feeling."
44. **Netflix and Chill** - We all love to watch Netflix and hang out with our friends, but Netflix and Chill doesn't mean you're just watching a movie. If someone invites you over to Netflix and Chill you can ultimately assume that they want to have some "adult relations." Netflix and chill first started

as a joke, where girls would make fun of hanging out with boys who asked to watch Netflix but didn't even have a T.V. Your mom may not know what you're doing during that Netflix and Chill session, but we do!

45. **No cap** - This basically means no lie. When someone adds "no cap" to a sentence, it serves as a statement that they're not lying. It can also be used as the converse "cappin,'" which means lying. "Why you cappin'?" is asking someone why they're lying.
46. **OK, boomer** - Gen Z and millennials are retaliating against the baby boomers' perception of them with the phrase, "OK, boomer." When someone responds to someone or something with "OK, boomer," they are basically calling that thing old, out-of-touch and resistant to change. "Boomer" catchphrases have existed for some time, but "OK, boomer" has gained traction through TikTok.
47. **On fleek** - "On fleek" can be used in combination with a noun to signify that something is flawless or on point. "Eyebrows on fleek," was the original term coined by Kayla Newman in 2014. The phrase most often applies to a look and has been falling out of usage since its introduction five years ago.
48. **OTP** - OTP stands for One True Pairing, and is used when millennials want two people to get together. Your OTP can be celebrities, fictional characters, or even just your two best friends who you think would be great together.
49. **P** - Is one letter by itself a word? That's something Oxford will have to decide if it hasn't already, but to Millennials, p is already part of their cannon. It's a replacement for *pretty* (as in "I'm p excited") and might show up in your next email conversation
50. **Perf** - Another shortened word, perf means "perfect" and denotes agreement to a cause or plan. Like many of the slang words on this list, it came about because you don't have to type as many letters. Just don't confuse it with the shortened version of performance.
51. **Phubbing** - It means someone is talking to you while he or she is texting or on a computer. It's a negative term only because it's impossible for most of us to talk and type at the same time.
52. **Ratchet** - When you're ratchet, you're a mess and everyone knows it. Anyone ratchet normally lacks a sense of class, but it could also just be a term to share the fact that you don't like someone. Some people love being ratchet, though, and wear the title with pride. Either way, ratchet generally isn't a good thing to call or be called.
53. **Receipts** - "Receipts" refer to proof of someone's hypocrisy, often from past texts or screenshots of social media conversations. A person may choose to keep "receipts" as future ammunition against a friend or partner. It's not hard to imagine how this phrase originated.
54. **RT** - "RT" is short for retweet and can be used in conversation to mean "ditto" or "I agree." It originates from the way someone can like or agree with others on Twitter by retweeting or copying and pasting others' posts to their own feed.
55. **Salty** - Saying someone is "salty" means they are in a bad mood or acting upset or bitter, frequently over something minor. You can be salty about not scoring an invite to a party, or losing a poker match.
56. **Same** - People say "same" in response to things they have in common with someone. You are putting up your Christmas decorations early and don't care what anyone else thinks? Same. But it can also be used sarcastically. For example, if you tell a friend, "OMG guys, Justin proposed," they might respond with "same" to mock your happiness.

57. **Savage** - Used when someone says or does something particularly ruthless or unfiltered, or completely outrageous and doesn't fear the repercussions or consequences of their actions this adjective can be used in the following context: "That was a savage comeback." The term can also describe something or someone who's petty. Another example, if you told your friend you wanted the last cookie out of the cookie jar and then they took it and ate it right in front you, that's savage
58. **Shade** - Shade is usually thrown, meaning you'll most commonly hear it in a sentence like, "He threw shade." But it can also be used like, "Why are you so shady?" To throw shade means to make an underhanded critical remark toward someone.
59. **Ship** - Derived from relationship, "ship" is a verb used to describe a fan's desire for two people or characters to get together. An example might be, "I ship Betty and Jughead."
60. **Shook** - "I'm shook" is a common millennial saying in response to news or events that leave them confused or in total disbelief. It can refer to something serious (e.g., "The news has me shook right now.") or something more frivolous (e.g., "That new album is so good, I'm shook.").
61. **Sipping Tea** - After you throw shade you sip your tea. Sipping tea is an expression to say "But that's none of my business." You might say something like "Oh he can buy a new iPhone but he can't pay his rent #sipmytea." Also describes quietly or passively absorbing gossip
62. **Sis** - Sis can be used in multiple ways. If someone asks you what happened and you respond with "Sis," it means there's a whole lot of drama that unfolded and there's a whole lot more to the story. "Sis" can also be used as a term of endearment.
63. **Slay** - To "slay" is to do something exceptionally well. One example might be, "I am slaying all of my goals in 2019 so far!
64. **Snatched** - Originating in ball culture and the LGBTQ community, "snatched" simply means attractive or amazing. The term can be used as an adjective (e.g., "Her outfit is snatched.") or as a verb (e.g., "That performance snatched my wig.")
65. **"Sorry not sorry"** It's when you want to make it crystal clear to somebody exactly how un-remorseful you really are about something.
66. **"Sorry to this man"** is said when you don't know who a person is (either because you genuinely don't know who they are or are pretending not to know them in a way to diminish their existence).
67. **Spilling tea** - In this usage, "tea" refers to gossip. Much like "snatched," this phrase originated in black drag culture and soon spread to the mainstream through RuPaul's Drag Race, The Nightly Show with Larry Wilmore, and other pop culture vehicles.
68. **Squad** - Similar to fam, a millennial's "squad" is their ride-or-die group of besties. "Squad goals" is a popular combination of two millennial phrases—for example, taking a weeklong vacation in an exotic locale with friends.
69. **Stan** - This term is a combination of the words "stalker" and "fan" and refers to an abnormally high level of appreciation for someone or something. A super obsessed fan.
70. **Sus** - When something or someone is "sus," they're being suspect or shady. It's an adjective often used as a replacement for the word "suspicious." For example, "Kanye's behavior towards Kim has been pretty sus lately."
71. **Swerve** - To "swerve" implies that a person is avoiding someone. The phrase as a slang term originated in the song "Mercy" by Kanye West and can also be used to dismiss or tell someone to go away.

72. **Swol** - "Swol," short for swollen, is used to describe the act of getting pumped from working out. It can also refer to a bodybuilder or someone who is physically fit.
73. **TBH** - "TBH" is an acronym for "to be honest." This phrase is often used in web or text conversations to express someone's true opinions about a subject.
74. **TFW** - "TFW," or "that feeling when," is an abbreviation that is often used in an expression of emotion. "TFW" usually accompanies a meme or image of an uncommon situation and tries to make it relatable to readers.
75. **The struggle is real** - When Millennials use this phrase at work, it means they are annoyed. They might use the phrase to let you know there is a tough problem or a real hardship.
76. **Thirsty** - This term is used to describe someone who's craving attention and will do anything to get it. It's an adjective used to describe individuals who act desperate or needy, and it sometimes has sexual connotations. For example, a person who obsessively texts their crush is "thirsty."
77. **Throwing shade** - To "throw shade" is to subtly direct anger toward someone. If the behavior is passive-aggressive and involves a little side-eye, it's probably shade.
78. **Trash** - Garbage. Horrible. Used to refer to something that is absolutely unacceptable because it's all-around terrible. Like when you tell your friends your boyfriend is celebrating Valentine's Day on February 15 because he has to "work" on February 14 Yeah sis, that man is trash.
79. **Trolls** - This phrase may refer to internet trolls, or individuals who lurk and make disparaging posts in the comments section. In millennial speak, the term is most often used to describe someone who uses rude language to provoke others.
80. **Turnt** - Turnt is when you are going all out and pretty much getting f'----d up. Normally it refers to parties, and can be used ironically or unironically: "Studying for midterms on a Friday night #turnt." It means that you're going crazy that night, or day, and normally that you plan on not being able to remember your night the next morning.
81. **V** - Very. That's it. That's all you really need to know. "V" literally is short for "very," providing emphasis to any statement. That "unicorn dog?" He's V cute. See also: "p," short for "pretty."
82. **Woke** - Someone is "woke" when they are aware of current affairs, racism, and structural inequalities in society. Critics have suggested that self-proclaimed "woke" individuals are more into "slacktivism"—or activism on social media intended to show off or gain followers—than actual, real-life activism.
83. **Yaas** - A favorite phrase of Ilana Wexler on "Broad City," "yaas" stems from ballroom culture. The term is used to express great enthusiasm (e.g., "Yaas, you got this!")
84. **Yeet** - "Yeet" is a way to show excitement or agree with someone. It's often used as an exclamation and originated from a dance of the same name on a Vine video in 2014