

#TWEAKURSPEAK: USER GUIDE

Break the Cycle created the Tweak Your Speak activity to encourage caring adults to better understand the lingo and realities of youth. Whether you're leading a training or having a casual conversation getting down to what words young people use to describe a partner, dating, or relationship is important.

OBJECTIVE

Everyone understands words and phrases differently depending on their individual experiences and social circles. Being able to understand each other or ask questions when we don't understand is the first step to having effective and healthy conversations with your peers or between youth and adults.

MATERIALS

- #TweakUrSpeak activity handout and matching answer sheet
- writing utensils
- timer

INSTRUCTIONS

1. Print out enough copies of the activity handout you choose for all participants. Make sure everyone has a writing utensil before starting the activity.
2. Set a timer for 1 - 2 minutes. Tell everyone they have 1- 2 minutes to fill in the meanings to as many words as they can. If anyone asks more questions about what type of definitions you are looking for, instruct them to write the first one that comes to mind.
3. Once the time is up, announce each word and ask what people wrote for the definition. After hearing one definition, ask if anyone else wrote down a different definition and discuss. Have participants share examples of how they've heard words used, by who, and in what context. Do this for each word in the activity.
4. Once the discussion portion is over, ask everyone why they think you did this activity. After hearing a few perspectives, explain the objective (above).
5. Once the meaning of the activity has been conveyed, ask people in the room to share other words they've heard recently. Record the words and definitions, then send them to info@breakthecycle.org so we can include them in future #TweakURSpeak activities and share the knowledge.

#TWEAKURSPEAK: ACTIVITY 1 (LINGO)

Write down as many definitions for the words as you can before the timer goes off. Then, compare answers with other participants.

bae

lit

savage

lowkey

thot

dead

stan

I'm weak

shook

LOVE
IS NOT
ABUSE

www.breakthecycle.org/loveisnotabuse

Break the Cycle

Because Everyone Deserves a
Healthy Relationship



#TWEAKURSPEAK: ACTIVITY 1 ANSWERS

Facilitator copy. These are common answers for the words present, but they are not the ONLY answers. Language is flexible and meanings change every day.

bae

like "babe"; means
before anyone/
anything else

lit

describes something
really cool, like a party

savage

badass or cutthroat,
can be admiring or
insult

lowkey

kind of, like I kind of
want to go to the party

thot

stands for that ho over
there, insult.

dead

how you feel when
something is really
funny or shocking

stan

a major fan, came from
the eminem song
"Stan"

I'm weak

laughing really hard at
something

shook

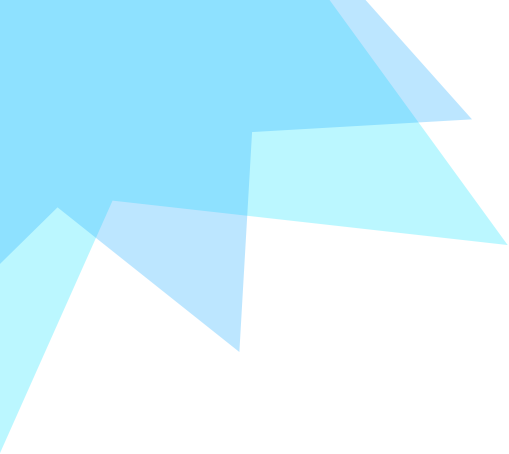
shocked, surprised, or
scared

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#TWEAKURSPEAK: ACTIVITY 2 (TEXT SLANG)

Write down as many definitions for the words as you can before the timer goes off. Then, compare answers with other participants.

LOL

IRL

BRB

AF

LLS

FFS

IMHO

SMH

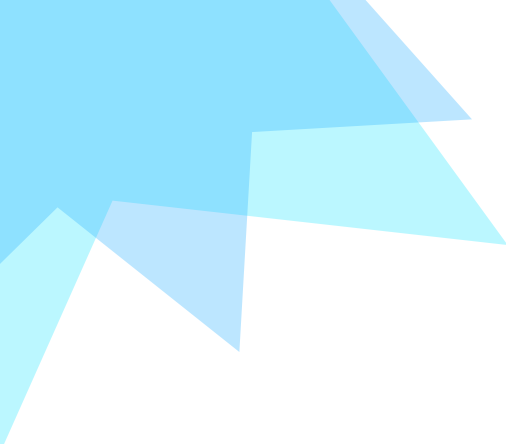
OOTD

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#TWEAKURSPEAK: ACTIVITY 2 ANSWERS (TEXT SLANG)

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LOL

Laugh out loud

IRL

In real life

BRB

Be right back

AF

As f**ck

LLS

Laughing like Sh*t

FFS

For f**ks sake

IMHO

In my honest opinion

SMH

Shaking my head

OOTD

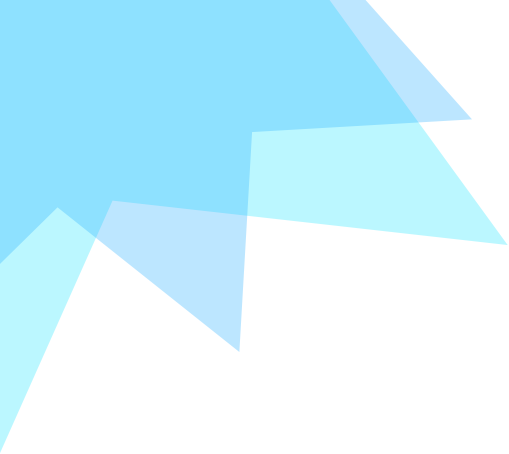
Outfit of the day

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Write down as many definitions for the words as you can before the timer goes off. Then, compare answers with other participants.

GTFO

BM

STFU

IDC

JK

NSFW

IDK

BTW

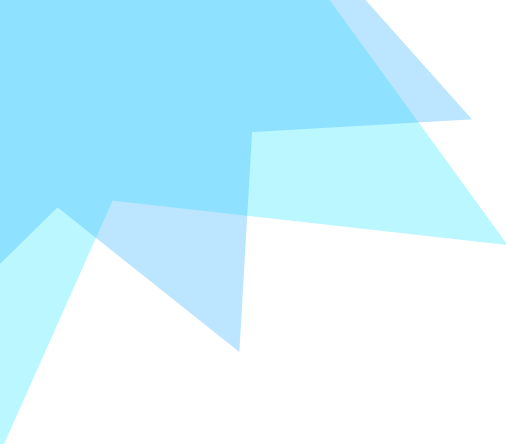
LMK

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#TWEAKURSPEAK: ACTIVITY 2 ANSWERS (TEXT SLANG)

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GTFO

Get the f**k out

BM

Baby momma

STFU

Shut the f**k up

IDC

I don't care

JK

Just kidding

NSFW

Not safe for work

IDK

I don't know

BTW

By the way

LMK

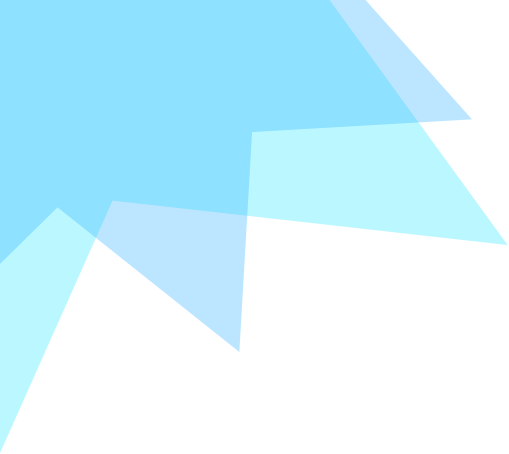
Let me know

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#TWEAKURSPeAK: ACTIVITY 2 (TEXT SLANG)

Write down as many definitions for the words as you can before the timer goes off. Then, compare answers with other participants.

TBT

IKR

FWB

NVM

DM

LMAO

420

OFC

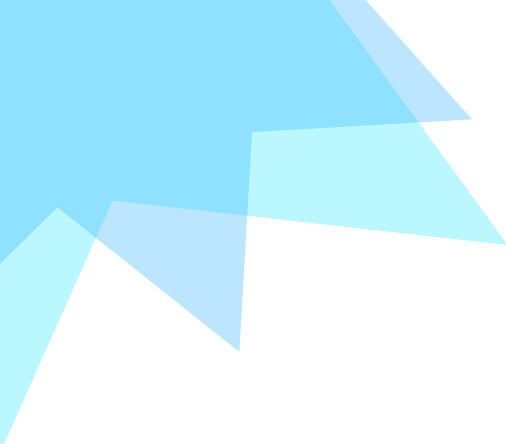
TBH

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TBT

Throwback
Thursday

IKR

I know right

FWB

Friends with
benefits

NVM

Nevermind

DM

Direct Message
(usually on social
media apps, not public)

LMAO

Laughing my a** off

420

Marijuana, weed,
kush

OFC

Of course

TBH

To be honest

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