International Conflict Resolution Day
Conflict Resolution Day Committee

Bridging Generation Gaps:
Communication Strategies from Alpha to Z

Information Sheets

This document provides a comprehensive overview of slang terms, cultural references, and notable figures associated with four generational cohorts: Baby Boomers, Generation X, Millennials, and Generation Z. It explains the origins, meanings, and social contexts of various slang words and phrases, highlighting their relevance and differences across generations.

- **Baby Boomer cultural slang:** Boomers' slang reflects 1960s–1970s counterculture, rock-and-roll, and pre-digital media, featuring terms like "groovy" (cool), "bread" (money), and "fuzz" (police), often with a rebellious or psychedelic vibe. These terms are less familiar to younger generations.
- **Generation X slang and culture:** Gen X slang, rooted in 1980s–1990s grunge, MTV, and early internet culture, includes words like "gnarly" (awesome), "bogus" (fake), and "yuppie" (young urban professional). These terms carry a distinct edge and are often obscure to other generations.
- **Millennial slang and social media:** Millennials' slang originates from early internet, social media, and emo culture of the 2000s–2010s, with terms such as "woke" (socially aware), "adulting" (doing grown-up tasks), "bae" (term of endearment), and "lit" (exciting). Many terms reflect activism, humor, and social media trends.
- **Generation Z digital slang:** Gen Z slang is heavily influenced by TikTok, memes, and digital culture from the 2010s–2020s, featuring words like "rizz" (charisma), "no cap" (honest), "sus" (suspicious), and "yeet" (to throw or express excitement). These terms often have niche origins and are widely used on social media platforms.
- **Generational icons and media figures:** Each generation is associated with influential media personalities shaping their culture, such as Walter Cronkite and Ed Sullivan for Boomers, Arsenio Hall and Tom Brokaw for Gen X, Brian Williams and Jimmy Fallon for Millennials, and TikTok stars Khaby Lame and Vinnie Hacker for Gen Z.
- **Generational technology and artifacts:** The document explains generational artifacts like Boomers' Rolodex and mimeograph, Gen X's floppy disks and Jolt soda, Millennials' Tamagotchi and AIM, and Gen Z's Vine and Twitch, illustrating technological and cultural shifts.
- **Slang usage and misunderstandings:** The guide highlights how slang terms can cause cross-generational misunderstandings and suggests communication strategies to bridge these gaps, emphasizing curiosity, empathy, collaboration, and connection.
- **Slang term definitions and examples:** Each slang term is defined with its meaning, common usage context, and an example sentence illustrating its use within the respective generation's culture.

- **Slang evolution and cultural significance:** The document traces the evolution of slang across generations, noting how meanings shift, terms fall out of use, or gain new connotations, reflecting broader cultural and technological changes.
- **Generational media consumption habits:** It notes differing media consumption patterns, such as Boomers' reliance on TV news, Gen X's cable and LinkedIn use, Millennials' social news and blogs, and Gen Z's TikTok dominance, which influence slang and cultural references.

QUIZ

Baby Boomers (1946–1964)1. What is a sock hop?

- A. A game show where contestants hopped in socks to win prizes.
- B. A knitting club where Boomers made socks while listening to Elvis.
- C. A dance event in the 1950s where teens danced in socks to protect gym floors. (Correct)
- D. A sock puppet theater popular at Woodstock festivals.

2. Who are these two people? (Show photos of Walter Cronkite and Ed Sullivan)

- A. Bob Dylan and Joan Baez: Folk singers who defined 1960s protest music.
- B. Walter Cronkite and Ed Sullivan: CBS news anchor and Ed Sullivan Show host, shaping Boomer news and pop culture. (Correct)
- C. Neil Armstrong and Buzz Aldrin: Astronauts who landed on the moon in 1969.
- D. John Lennon and Paul McCartney: Beatles members who revolutionized rock music.

3. What is a Rolodex?

- A. A handheld game console from the 1970s.
- B. A rotating card file for storing contacts, used in Boomer offices. (Correct)
- C. A jukebox for playing vinyl records at sock hops.
- D. A 1960s dance move popularized by Chubby Checker.

4. What is a mimeograph?

- A. A radio show format for comedy sketches.
- B. A telegram service for sending short messages.
- C. A Boomer fitness device for arm exercises.
- D. A 1960s machine for duplicating papers with ink and stencils. (Correct)

5. What is a punch card?

- A. A loyalty card for grocery stores in the 1970s.

- B. A ticket stub for 1960s rock concerts.
- C. A paper card punched with holes to track work hours or data. (Correct)
- D. A Boomer card game similar to poker.

Generation X (1965–1980)1. What is Jolt?

- A. A punk rock band from Seattle's grunge scene.
- B. A high-caffeine soda for Gen X all-nighters in the 1980s–1990s. (Correct)
- C. A 1990s dance move inspired by breakdancing.
- D. A video game console from the early 1990s.

2. What is a collect call?

- A. A fundraising telethon for Gen X charities.
- B. A group phone call on early cellphones.
- C. A payphone call where the receiver pays the cost. (Correct)
- D. A 1990s prank call TV show.

3. What does it mean to burn a CD?

- A. To create a viral music video on MTV.
- B. To destroy a CD by setting it on fire.
- C. To design a custom CD cover for mixtapes.
- D. To copy music or data onto a blank CD in the 1990s–2000s. (Correct)

4. What is a floppy disk?

- A. A dance move from 1990s raves.
- B. A flexible vinyl record for portable music.
- C. A 1980s–1990s storage device for computer data. (Correct)
- D. A Gen X toy similar to a Frisbee.

5. Who are these two people? (Show photos of Arsenio Hall and Tom Brokaw)

- A. Kurt Cobain and Eddie Vedder: Grunge musicians from Nirvana and Pearl Jam.
- B. Bill Gates and Steve Jobs: Tech pioneers of Microsoft and Apple.
- C. Arsenio Hall and Tom Brokaw: Host of The Arsenio Hall Show and NBC news anchor, shaping Gen X culture. (Correct)
- D. Keanu Reeves and Winona Ryder: Actors in Speed and Reality Bites.

Millennials (1981–1996)1. What is a Tamagotchi?

- A. A Japanese video game console like the Game Boy.
- B. A 1990s digital pet on a keychain device. (Correct)
- C. A 2000s social media platform for pet photos.
- D. A Millennial dance trend from Y2K parties.

2. What is AIM?

- A. A reality TV show about instant messaging.
- B. A 2000s email service for MySpace users.
- C. A Millennial fitness app for tracking workouts.
- D. AOL Instant Messenger, a 2000s chat platform with screen names. (Correct)

3. What is MySpace?

- A. A reality show about internet friendships.
- B. A music streaming service like Napster.
- C. A 2000s social media platform with custom profiles and Top 8 friends. (Correct)
- D. A 2000s video game for designing virtual spaces.

4. What is Napster?

- A. A Y2K-era dance crew on MTV.
- B. A 1999–2000s platform for sharing music files, often illegally. (Correct)
- C. A 2000s app for napping reminders.
- D. A social network for musicians to collaborate.

5. What is Y2K?

- A. A video game about surviving the millennium.
- B. A 2000s boy band like NSYNC.
- C. A Millennial fashion trend with metallic clothing.
- D. A 1999–2000 fear that computers would crash at midnight 2000. (Correct)

6. Who are these two people? (Show photos of Brian Williams and Jimmy Fallon)

- A. Mark Zuckerberg and Kevin Systrom: Founders of Facebook and Instagram.
- B. Justin Timberlake and Ryan Gosling: NSYNC singer and The Notebook actor.
- C. Brian Williams and Jimmy Fallon: MSNBC anchor and The Tonight Show host, shaping Millennial news and comedy. (Correct)
- D. Ashton Kutcher and Mila Kunis: Actors in That ‘70s Show and Punk’d.

Generation Z (1997–2012)1. What is Vine?

- A. A video game about growing virtual plants.
- B. A platform for six-second looping videos. (Correct)
- C. A 2010s music streaming app like Spotify.
- D. A Gen Z reality show about short sketches.

2. What is unique about a Snapchat Story?

- A. A group chat with emoji filters.
- B. A permanent photo gallery shared with friends.
- C. A live-streamed video game session.
- D. A 24-hour disappearing post of photos or videos. (Correct)

3. What does “yeet” mean?

- A. To delete a social media post quickly.
- B. To win a video game match.
- C. To throw something hard or express excitement. (Correct)
- D. To create a viral TikTok dance.

4. What is Twitch?

- A. A Gen Z music festival streaming service.
- B. A 2010s dance move popularized on TikTok.
- C. A platform for live-streaming video games and events. (Correct)
- D. A social media app for short video clips.

5. Who are these two people? (Show photos of Khaby Lame and Vinnie Hacker)

- A. Timothée Chalamet and Noah Centineo: Actors in Dune and To All the Boys.
- B. Khaby Lame and Vinnie Hacker: TikTok stars known for reaction videos and dance/gaming content. (Correct)
- C. Lil Nas X and Post Malone: Rappers with viral TikTok hits.
- D. MrBeast and PewDiePie: YouTube creators known for challenges and gaming.

Baby Boomers (1946–1964)Boomers' slang reflects their counterculture, rock-and-roll era, and pre-digital media (93% TV news, per Statista, 2022). These terms, tied to the '60s–'70s, are often unfamiliar to Gen X (cable-focused), Millennials (blog-driven), and Gen Z (TikTok-centric, 86% use, per Sprout Social, 2024).

1. Groovy
    - Definition: Cool, excellent, or fashionable.
    - Why Common/Fun/Outrageous: Common in '60s hippie culture, it's fun for its upbeat vibe and outrageous to younger gens for its dated flower-power feel.
    - Example: "That tie-dye shirt is groovy, man!"
    - Presentation Use: Slide 5A: "Groovy defined Boomer cool." Worksheet Q: "How could 'groovy' clash with Gen Z's 'slay'? Resolve with Annabel's 'Connect'."
2. Far Out
    - Definition: Amazing, unconventional, or mind-blowing.
    - Why: Common in psychedelic '60s, fun for its spacey vibe, outrageous for its retro weirdness.
    - Example: "That concert was far out!"
    - Presentation Use: Slide 5A: "Far out was Boomers' ultimate praise." Worksheet: "Compare 'far out' to 'lit'—resolve gaps with Ted's 'curious' vibe."
3. Hassle
    - Definition: Trouble or annoyance.
    - Why: Common for everyday gripes, fun for its bluntness, mildly outrageous for its old-school tone.
    - Example: "Dealing with traffic is such a hassle."
    - Presentation Use: Slide 10: "How could 'hassle' spark a Boomer-Gen Z miscommunication? Use Annabel's 'Communicate'."
4. Fuzz
    - Definition: Police, often derogatory.

- Why: Common in counterculture, fun for its cheeky edge, outrageous for its anti-establishment vibe.
- Example: “Watch out, the fuzz is patrolling.”
- Presentation Use: Slide 5A: “Fuzz showed Boomer rebellion.” Worksheet: “How could ‘fuzz’ vs. ‘cops’ cause conflict? Resolve with ‘Collaborate’.”

5. Bread
    - Definition: Money.
    - Why: Common slang for cash, fun for its quirky metaphor, outrageous for its randomness to modern ears.
    - Example: “I need some bread to buy that record.”
    - Presentation Use: Slide 10: “Could ‘bread’ confuse Gen Z’s ‘secure the bag’? Fix with Annabel’s ‘Connect’.”
6. Square
    - Definition: Uncool, conventional person.
    - Why: Common to diss conformists, fun for its sharp shade, outrageous for its dated insult.
    - Example: “Don’t be a square, join the protest!”
    - Presentation Use: Slide 5A: “Squares were Boomers’ outcasts.” Worksheet: “Compare ‘square’ to ‘basic’—resolve with Ted’s curiosity.”
7. Dig
    - Definition: To like or understand.
    - Why: Common in jazz/hippie scenes, fun for its cool vibe, outrageous for its retro obscurity.
    - Example: “I really dig this new band.”
    - Presentation Use: Slide 5A: “Dig was Boomers’ vibe check.” Worksheet: “How could ‘dig’ vs. ‘vibe’ confuse? Use Annabel’s ‘Communicate’.”
8. Freak Out
    - Definition: To lose control or panic, often excitedly.

- Why: Common in ‘60s concerts, fun for its wild energy, outrageous for its dramatic flair.
- Example: “Everyone freaked out when Jimi Hendrix played.”
- Presentation Use: Slide 10: “Could ‘freak out’ misread Gen Z’s ‘menty b’? Resolve with Ted’s empathy.”

9. Cat
    - Definition: A cool or stylish person.
    - Why: Common in beatnik culture, fun for its jazzy feel, outrageous for its animal metaphor.
    - Example: “That cat knows how to swing.”
    - Presentation Use: Slide 5A: “Cats were Boomers’ cool kids.” Worksheet: “Compare ‘cat’ to ‘sigma’—fix gaps with Annabel’s ‘Connect’.”
10. Bummer
    - Definition: Disappointing or bad situation.
    - Why: Common for setbacks, fun for its casual tone, outrageous for its ‘60s melancholy.
    - Example: “Missing the festival was a real bummer.”
    - Presentation Use: Slide 10: “How could ‘bummer’ vs. ‘peak’ cause conflict? Use Ted’s ‘curious’ approach.”
11. Pad
    - Definition: Home or apartment.
    - Why: Common for living spaces, fun for its cozy vibe, outrageous for its dated quirk.
    - Example: “Come crash at my pad.”
    - Presentation Use: Slide 5A: “Pad was Boomers’ crib.” Worksheet: “Compare ‘pad’ to ‘crib’—resolve with Annabel’s ‘Collaborate’.”
12. Righteous
    - Definition: Morally good or awesome.

- Why: Common in spiritual/hippie slang, fun for its earnestness, outrageous for its heavy vibe.
- Example: “That’s a righteous cause, man.”
- Presentation Use: Slide 10: “Could ‘righteous’ clash with ‘based’? Fix with Annabel’s ‘Communicate’.”

13. Heavy
    - Definition: Serious or profound.
    - Why: Common for deep topics, fun for its intense tone, outrageous for its ‘60s gravitas.
    - Example: “That speech was heavy, dude.”
    - Presentation Use: Slide 5A: “Heavy carried Boomer weight.” Worksheet: “How could ‘heavy’ vs. ‘deep’ confuse? Use Ted’s curiosity.”
14. Gas
    - Definition: Fun or exciting (not the modern Gen Z meaning).
    - Why: Common for thrills, fun for its odd metaphor, outrageous for its disconnect from today’s “gas.”
    - Example: “That party was a gas!”
    - Presentation Use: Slide 10: “Compare Boomers’ ‘gas’ to Gen Z’s ‘lit’—resolve with Annabel’s ‘Connect’.”
15. Rap
    - Definition: To talk or discuss casually.
    - Why: Common in beatnik/hippie circles, fun for its conversational vibe, outrageous for its pre-hip-hop meaning.
    - Example: “Let’s rap about life, man.”
    - Presentation Use: Slide 5A: “Rap was Boomers’ chat.” Worksheet: “How could ‘rap’ vs. ‘yap’ spark confusion? Use Ted’s ‘curious’ vibe.”

Generation X (1965–1980)Gen X slang reflects their grunge, MTV, and early internet culture (29% LinkedIn, per Statista, 2025). These terms, from the ‘80s–’90s, are obscure to Boomers (TV-centric), Millennials (blog-focused), and Gen Z (TikTok-driven).

1. Gnarly
    - Definition: Awesome or intense, from surfing culture.
    - Why: Common in ‘80s pop culture, fun for its cool vibe, outrageous for its extreme tone.
    - Example: “That skate trick was gnarly!”
    - Presentation Use: Slide 5B: “Gnarly was Gen X’s thrill.” Worksheet: “Compare ‘gnarly’ to ‘fire’—resolve with Annabel’s ‘Connect’.”
2. Chill Pill
    - Definition: Advice to relax.
    - Why: Common for calming friends, fun for its playful rhyme, outrageous for its dated sass.
    - Example: “Take a chill pill, dude!”
    - Presentation Use: Slide 10: “Could ‘chill pill’ misread Gen Z’s ‘touch grass’? Fix with Ted’s empathy.”
3. Rad
    - Definition: Radical, cool, or awesome.
    - Why: Common in ‘80s slang, fun for its short punch, outrageous for its retro feel.
    - Example: “That mixtape is rad!”
    - Presentation Use: Slide 5B: “Rad was Gen X’s cool.” Worksheet: “Compare ‘rad’ to ‘slay’—use Annabel’s ‘Communicate’.”
4. Bogus
    - Definition: Fake or unfair.
    - Why: Common for gripes, fun for its blunt tone, outrageous for its old-school edge.
    - Example: “That penalty was totally bogus.”

- Presentation Use: Slide 10: “How could ‘bogus’ vs. ‘cap’ confuse? Resolve with Ted’s ‘curious’ vibe.”

5. Dip
    - Definition: To leave quickly.
    - Why: Common for exits, fun for its casual vibe, outrageous for its ‘90s obscurity.
    - Example: “Let’s dip, this party’s lame.”
    - Presentation Use: Slide 5B: “Dip was Gen X’s ghost.” Worksheet: “Compare ‘dip’ to ‘ghost’—fix with Annabel’s ‘Connect’.”
6. Yuppie
    - Definition: Young, urban professional (derogatory).
    - Why: Common for ‘80s ambition, fun for its snark, outrageous for its class shade.
    - Example: “That yuppie’s all about his BMW.”
    - Presentation Use: Slide 10: “Could ‘yuppie’ clash with ‘boujee’? Use Annabel’s ‘Collaborate’.”
7. Headbanger
    - Definition: Heavy metal fan.
    - Why: Common in ‘80s music, fun for its wild energy, outrageous for its niche.
    - Example: “Headbangers rocked the Metallica show.”
    - Presentation Use: Slide 5B: “Headbangers defined Gen X music.” Worksheet: “Compare ‘headbanger’ to ‘stan’—resolve with Ted’s curiosity.”
8. Diss
    - Definition: To insult or disrespect.
    - Why: Common in ‘80s hip-hop, fun for its sharp edge, outrageous for its confrontational vibe.
    - Example: “Don’t diss my new kicks!”

- Presentation Use: Slide 10: “How could ‘diss’ vs. ‘drag’ spark conflict? Use Annabel’s ‘Communicate’.”

9. Phat
    - Definition: Cool or attractive (Pretty Hot and Thick).
    - Why: Common in ‘90s hip-hop, fun for its bold vibe, outrageous for its misspelling.
    - Example: “That jacket’s phat!”
    - Presentation Use: Slide 5B: “Phat was Gen X’s drip.” Worksheet: “Compare ‘phat’ to ‘drip’—fix with Annabel’s ‘Connect’.”
10. Trippin’
    - Definition: Acting foolish or overreacting.
    - Why: Common for calling out nonsense, fun for its playful tone, outrageous for its drug-trip roots.
    - Example: “You’re trippin’ over that rumor.”
    - Presentation Use: Slide 10: “Could ‘trippin’’ vs. ‘delulu’ confuse? Use Ted’s ‘curious’ vibe.”
11. Crib
    - Definition: Home or hangout spot.
    - Why: Common in ‘90s slang, fun for its cozy metaphor, outrageous for its baby-bed origin.
    - Example: “Chillin’ at my crib tonight.”
    - Presentation Use: Slide 5B: “Crib was Gen X’s pad.” Worksheet: “Compare ‘crib’ to ‘pad’—resolve with Annabel’s ‘Collaborate’.”
12. Homeslice
    - Definition: Close friend or buddy.
    - Why: Common for camaraderie, fun for its quirky charm, outrageous for its homey vibe.
    - Example: “What’s good, homeslice?”

- Presentation Use: Slide 10: “Could ‘homeslice’ vs. ‘fam’ spark confusion? Fix with Annabel’s ‘Connect’.”

13. Psych

- Definition: To trick or mess with someone.
- Why: Common for pranks, fun for its playful deceit, outrageous for its ‘80s flair.
- Example: “Got you! Psych!”
- Presentation Use: Slide 5B: “Psych was Gen X’s troll.” Worksheet: “Compare ‘psych’ to ‘troll’—use Ted’s empathy.”

14. Fly

- Definition: Stylish or cool.
- Why: Common in ‘90s hip-hop, fun for its smooth vibe, outrageous for its dated swagger.
- Example: “Your outfit’s fly, man!”
- Presentation Use: Slide 5B: “Fly was Gen X’s snatched.” Worksheet: “Compare ‘fly’ to ‘drip’—resolve with Annabel’s ‘Communicate’.”

15. Going Postal

- Definition: To become extremely angry or violent.
- Why: Common from ‘80s–’90s news, fun for its dramatic imagery, outrageous for its dark origin.
- Example: “He went postal when his car got towed.”
- Presentation Use: Slide 10: “Could ‘going postal’ vs. ‘pop off’ escalate? Use Annabel’s ‘Collaborate’.”

Millennials (1981–1996)Millennial slang reflects their early internet, social media, and emo culture (72% social news, per CSU). These terms, from the 2000s–2010s, are obscure to Boomers (TV-heavy), Gen X (MTV-era), and Gen Z (TikTok-focused).

1. Woke
    - Definition: Aware of social or political issues.
    - Why: Common for activism, fun for its earnest vibe, outrageous for its overuse.
    - Example: “Stay woke about climate change.”
    - Presentation Use: Slide 5C: “Woke defined Millennial justice.” Worksheet: “Compare ‘woke’ to ‘based’—fix with Annabel’s ‘Connect’.”
2. Adulting
    - Definition: Doing responsible adult tasks.
    - Why: Common for millennial struggles, fun for its humor, outrageous for its whining tone.
    - Example: “Paying bills is peak adulting.”
    - Presentation Use: Slide 10: “Could ‘adulting’ vs. ‘grind’ confuse? Use Ted’s ‘curious’ vibe.”
3. Thirst Trap
    - Definition: A provocative social media post for attention.
    - Why: Common on Instagram, fun for its flirty vibe, outrageous for its bold intent.
    - Example: “That selfie’s a total thirst trap.”
    - Presentation Use: Slide 5C: “Thirst traps were Millennial clout.” Worksheet: “Compare ‘thirst trap’ to ‘bop’—resolve with Annabel’s ‘Communicate’.”
4. Feels
    - Definition: Intense emotions, often nostalgic or sad.
    - Why: Common in emo culture, fun for its vulnerability, outrageous for its drama.
    - Example: “This song gives me all the feels.”

- Presentation Use: Slide 10: “Could ‘feels’ vs. ‘menty b’ spark conflict? Use Ted’s empathy.”

5. Swol
    - Definition: Muscular or buff.
    - Why: Common in gym culture, fun for its exaggerated tone, outrageous for its niche.
    - Example: “He got swol at the gym.”
    - Presentation Use: Slide 5C: “Swol was Millennial gains.” Worksheet: “Compare ‘swol’ to ‘looksmaxxing’—fix with Annabel’s ‘Connect’.”
6. Basic
    - Definition: Unoriginal or mainstream.
    - Why: Common for shade, fun for its sass, outrageous for its judgy vibe.
    - Example: “Pumpkin spice lattes are so basic.”
    - Presentation Use: Slide 10: “Could ‘basic’ vs. ‘cheugy’ cause conflict? Use Annabel’s ‘Collaborate’.”
7. Bye Felicia
    - Definition: Dismissive farewell to someone unimportant.
    - Why: Common from Friday memes, fun for its shade, outrageous for its rudeness.
    - Example: “She’s whining again? Bye Felicia.”
    - Presentation Use: Slide 5C: “Bye Felicia was Millennial shade.” Worksheet: “Compare ‘bye Felicia’ to ‘say less’—resolve with Ted’s curiosity.”
8. Humblebrag
    - Definition: Subtle boasting disguised as modesty.
    - Why: Common on social media, fun for its cleverness, outrageous for its sneakiness.
    - Example: “Ugh, my new job’s stressful, but the pay’s nice.”

- Presentation Use: Slide 10: “Could ‘humblebrag’ vs. ‘flex’ confuse? Use Annabel’s ‘Communicate’.”

9. Lit
    - Definition: Exciting or awesome.
    - Why: Common for hype, fun for its energy, outrageous for its overuse.
    - Example: “This party’s lit!”
    - Presentation Use: Slide 5C: “Lit was Millennial fire.” Worksheet: “Compare ‘lit’ to ‘gas’—fix with Annabel’s ‘Connect’.”
10. Bae
    - Definition: Term of endearment (Before Anyone Else).
    - Why: Common for romance, fun for its sweetness, outrageous for its cutesy tone.
    - Example: “Hanging with my bae tonight.”
    - Presentation Use: Slide 10: “Could ‘bae’ vs. ‘bbg’ spark confusion? Use Ted’s ‘curious’ vibe.”
11. Cancelled
    - Definition: To reject or boycott someone.
    - Why: Common in call-out culture, fun for its drama, outrageous for its harshness.
    - Example: “That brand’s cancelled for their ad.”
    - Presentation Use: Slide 5C: “Cancelled defined Millennial justice.” Worksheet: “Compare ‘cancelled’ to ‘drag’—resolve with Annabel’s ‘Collaborate’.”
12. Aesthetic
    - Definition: A vibe or style, often artistic.
    - Why: Common on Tumblr/Instagram, fun for its creativity, outrageous for its pretension.
    - Example: “My room’s got a cozy aesthetic.”

- Presentation Use: Slide 10: “Could ‘aesthetic’ vs. ‘vibe’ confuse? Use Annabel’s ‘Connect’.”

13. Keep It 100
    - Definition: To be honest or real.
    - Why: Common for authenticity, fun for its bold tone, outrageous for its emoji use ( ).
    - Example: “Always keep it 100 with me.”
    - Presentation Use: Slide 5C: “Keep it 100 was Millennial truth.” Worksheet: “Compare ‘keep it 100’ to ‘no cap’—fix with Ted’s empathy.”
14. Literally
    - Definition: Exaggerated emphasis, not actual.
    - Why: Common for drama, fun for its misuse, outrageous for flipping dictionary meaning.
    - Example: “I’m literally dying of laughter.”
    - Presentation Use: Slide 10: “Could ‘literally’ vs. ‘frfr’ spark confusion? Use Annabel’s ‘Communicate’.”
15. Slay
    - Definition: To excel or look amazing.
    - Why: Common for praise, fun for its fierce vibe, outrageous for its drag roots.
    - Example: “You slayed that presentation!”
    - Presentation Use: Slide 5C: “Slay was Millennial swagger.” Worksheet: “Compare ‘slay’ to ‘ate’—resolve with Annabel’s ‘Connect’.”

Generation Z (1997–2012)Gen Z slang is rooted in TikTok, memes, and digital culture (86% TikTok use, per Sprout Social, 2024). These terms, from the 2010s–2020s, are obscure to Boomers (TV-heavy), Gen X (cable-era), and Millennials (Instagram-focused).

1. Rizz
    - Definition: Charisma, especially in flirting.
    - Why: Common on TikTok, fun for its suave vibe, outrageous for its niche origin (short for charisma).
    - Example: “He’s got mad rizz with that smile.”
    - Presentation Use: Slide 5D: “Rizz is Gen Z’s charm.” Worksheet: “Compare ‘rizz’ to ‘fly’—fix with Annabel’s ‘Connect’.”
2. No Cap
    - Definition: No lie, honest.
    - Why: Common for truth, fun for its bluntness, outrageous for its AAVE roots.
    - Example: “This pizza’s amazing, no cap.”
    - Presentation Use: Slide 10: “Could ‘no cap’ vs. ‘keep it 100’ confuse? Use Ted’s ‘curious’ vibe.”
3. Sus
    - Definition: Suspicious or shady.
    - Why: Common from Among Us, fun for its gaming tie, outrageous for its quick spread.
    - Example: “That excuse is sus.”
    - Presentation Use: Slide 5D: “Sus is Gen Z’s shade.” Worksheet: “Compare ‘sus’ to ‘bogus’—resolve with Annabel’s ‘Communicate’.”
4. Bussin’
    - Definition: Delicious or amazing, usually food.
    - Why: Common on TikTok, fun for its foodie vibe, outrageous for its AAVE flair.
    - Example: “This taco is bussin’!”

- Presentation Use: Slide 10: “Could ‘bussin’’ vs. ‘phat’ spark confusion? Use Annabel’s ‘Connect’.”

5. Skibidi
    - Definition: Nonsense word, often pejorative (e.g., “skibidi toilet”).
    - Why: Common from YouTube memes, fun for its absurdity, outrageous for its randomness.
    - Example: “This trend is skibidi toilet.”
    - Presentation Use: Slide 5D: “Skibidi is Gen Z’s chaos.” Worksheet: “Compare ‘skibidi’ to ‘cray-cray’—fix with Ted’s empathy.”
6. Yeet
    - Definition: To throw hard or express excitement.
    - Why: Common on Vine/TikTok, fun for its energy, outrageous for its dual use.
    - Example: “Yeet that ball across the field!”
    - Presentation Use: Slide 10: “Could ‘yeet’ vs. ‘dip’ confuse? Use Annabel’s ‘Collaborate’.”
7. Delulu
    - Definition: Delusional, often humorously.
    - Why: Common for self-deprecation, fun for its playful tone, outrageous for its mental health nod.
    - Example: “Thinking he’ll text back? Delulu.”
    - Presentation Use: Slide 5D: “Delulu is Gen Z’s reality check.” Worksheet: “Compare ‘delulu’ to ‘trippin’’—resolve with Annabel’s ‘Connect’.”
8. Aura Points
    - Definition: Imaginary points for cool or lame actions.
    - Why: Common on TikTok, fun for its gamified vibe, outrageous for its abstract scoring.
    - Example: “You helped me? +100 aura points!”

- Presentation Use: Slide 10: “Could ‘aura points’ vs. ‘props’ spark confusion? Use Ted’s ‘curious’ vibe.”

9. Menty B
    - Definition: Mental breakdown, self-deprecating.
    - Why: Common for mental health talks, fun for its blunt humor, outrageous for its casual tone.
    - Example: “Finals gave me a menty b.”
    - Presentation Use: Slide 5D: “Menty B is Gen Z’s feels.” Worksheet: “Compare ‘menty b’ to ‘feels’—fix with Annabel’s ‘Communicate’.”
10. Girl Dinner
    - Definition: A chaotic snack plate as a meal.
    - Why: Common on TikTok, fun for its quirky charm, outrageous for its randomness.
    - Example: “Cheese and grapes? That’s my girl dinner.”
    - Presentation Use: Slide 10: “Could ‘girl dinner’ vs. ‘munchies’ confuse? Use Annabel’s ‘Connect’.”
11. Stan
    - Definition: Obsessive fan, from Eminem’s song.
    - Why: Common for fandoms, fun for its passion, outrageous for its intensity.
    - Example: “I stan Taylor Swift forever.”
    - Presentation Use: Slide 5D: “Stan is Gen Z’s superfan.” Worksheet: “Compare ‘stan’ to ‘headbanger’—resolve with Ted’s empathy.”
12. It’s Giving
    - Definition: Describes a vibe or aesthetic.
    - Why: Common on TikTok, fun for its sassy flair, outrageous for its vague versatility.
    - Example: “This outfit’s giving royalty.”

- Presentation Use: Slide 10: “Could ‘it’s giving’ vs. ‘aesthetic’ spark confusion? Use Annabel’s ‘Collaborate’.”

13. Fanum Tax

- Definition: Stealing food, from streamer Fanum.
- Why: Common in gaming circles, fun for its playful theft, outrageous for its niche origin.
- Example: “He took my fries—fanum tax!”
- Presentation Use: Slide 5D: “Fanum tax is Gen Z’s snack shade.” Worksheet: “Compare ‘fanum tax’ to ‘bogart’—fix with Annabel’s ‘Connect’.”

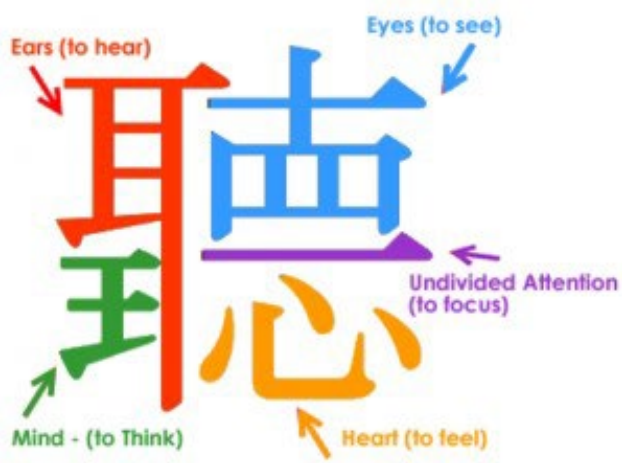
14. Mewing

- Definition: Tongue posture to define jawline.
- Why: Common in looksmaxxing culture, fun for its quirk, outrageous for its pseudoscience.
- Example: “Been mewing for a sharper jaw.”
- Presentation Use: Slide 10: “Could ‘mewing’ vs. ‘swol’ confuse? Use Ted’s ‘curious’ vibe.”

15. Ohio

- Definition: Something bizarre or bad, from memes.
- Why: Common on TikTok, fun for its absurdity, outrageous for targeting a state.
- Example: “This glitchy app is so Ohio.”
- Presentation Use: Slide 5D: “Ohio is Gen Z’s chaos.” Worksheet: “Compare ‘Ohio’ to ‘bogus’—resolve with Annabel’s ‘Communicate’.”

Active Listening



Chinese characters are one of the oldest systems of writing in the world, dating back almost 5,000 years. There are tens of thousands of characters, each with their own special meaning.

The Chinese character for **listening** is made up of the different elements and requirements of listening. Across the top of the character there are the elements of ears (to hear) and eyes (to see).

We use our ears to listen by paying attention not just to the words spoken but also to the tone, pace and emphasis, to help understand The person's relationship to the words. If a person starts talking more quickly, a little louder, with more emphasis, we know that they are engaged and interested in the topic. Alternatively, if they're more monotone, slower, with less emphasis and less modulation we know they're less interest in the topic. Just using our hearing effectively as we listen already tells us a lot!

We use our eyes to connect with the person we are listening to and reassure them that they have our attention. We also use our eyes to check the body language of the person to gain insights into their thoughts. Are they open, animated and expensive with their body language? if so you know they're confident and enthused about the topic. Or are they more closed, using smaller or no gestures and more rigid? If so, you know they're less confident, less enthused.

Across the bottom of the character are the elements of the mind (to think) and the heart (to feel).

We use our mind as we're listening to consider the words and ideas shared. We may choose to take an 'open-minded' approach to what we're hearing, suspending judgement

and being open to all that we hear. Or we may choose to be more critical or analytical in how we listen. Whichever approach we take our thinking is an essential part of how we listen.

We can also think about how to overcome all the barriers listening.

We use our heart to listen as we empathize with the person we're listening to, as we experience the emotions being shared and as we feel **compassion** for the person. Using our heart allows us to listen more deeply and connect with the person we're listening to at an emotional level, not just rationally.

At the center of the character, holding this all together, is a single stroke.
This represents the need for **undivided attention and focus as we listen**. We can think much quicker than a person can talk and as a result we tend to fill in the gaps, sometimes with unnecessary chatter. To listen most effectively we need to calm this chatter, and completely **focus our attention**.