

This is the #SafeSocial list of terms and acronyms commonly used by us and others when referring to social media and mental health. Other terms such as teen slang and general social media jargon can be found at the links at the end.

ACRONYMS

143 - I love you	LOL - Laugh out loud
AFAIK - As far as I know	LSR - Loser
AMA - Ask me anything	MIRL - Meet in real life
ASL - Age/sex/location	MOS - Mom over shoulder
ATM - At the moment	NAGI - Not a good idea
BFN - Bye for now	NM - Nevermind
BOL - Be on later	NMU - Not much, you?
BRB - Be right back	NP - No problem
BTW - By the way	OMG - Oh my God
CTN - Can't talk now	ORLY - Oh, really?
F2F or FTF - Face to face	P911 - Parent alert
FOMO - Fear of missing out	PAW - Parents are watching
FWB - Friends with benefits	PIR - Parent in room
FYEO - For your eyes only	PLS or PLZ - Please
GAL - Get a life	PPL - People
GOAT - Greatest of all time	POS - Parents over shoulder
GTG - Got to go	PTB - Please text back
HAND - Have a nice day	QQ - Crying (sarcastically).
HW - Homework	ROFL - Rolling on the floor laughing
IDK - I don't know	RT - Retweet (stamp of approval)
IIRC - If I remember correctly	RUOK - Are you okay?
IKR - I know, right?	SMH - Shaking my head
ILY / ILU - I love you	SOS - Someone over shoulder
IMHO - In my honest opinion / In my humble opinion	SRSLY - Seriously
IMO - In my opinion	TBC - To be continued
IRL - In real life	TMI - Too much information
IWSN - I want sex now	TMRW - Tomorrow
JK - Just kidding	TTYL - Talk to you later
JIC - Just in case	TY or TU - Thank you
JSYK - Just so you know	V - Very
KPC - Keeping parents clueless	WTF - What the fuck?
KWIM - If you know what I mean	WTH - What the heck/hell?
LMAO - Laughing my ass off	YOLO - You only live once
LMK - Let me know	YW - You're welcome
	ZOMG - Oh my God (sarcastic)

TERMS

#SafeSocial

#SafeSocial is our name, our hashtag, and our mission. To practice #SafeSocial means you are considering all the risks and benefits of using social media, and taking the appropriate steps for YOU to make sure you can get all those benefits with less harmful side effects.

Abstinence

Abstinence is the act of restraining yourself from indulging in something. In the case of #SafeSocial, abstinence would mean staying off social media altogether. We know that abstinence-based education does not work, so we advocate for #SafeSocial instead.

DMs

Direct messages on any social media platform.

FOMO (Fear of Missing Out)

An actual social anxiety from the fear of missing a potential connection, event, or opportunity. In social media it may be the fear that you are missing out on what is happening online, in chat groups, or even missing out on the events you see in photos.

Highlight Reel

Just like in sports, the highlight reel is a collection of the best and brightest moments. Our personal social media profiles act as our highlight reels since we are only sharing the most noteworthy parts of our lives (not all the behind-the-scenes stuff in between) and we are likely being intentional about making them look even better with filters and editing. When you are scrolling through your feed, you are also seeing everyone else's highlight reels and comparing yourself to the best parts of their lives, not the other stuff.

Mindfulness

Mindfulness is "paying attention, on purpose, in the present moment, non-judgmentally" (Jon Kabat-Zinn). It is when we're not worried about the past, thinking about tasks of later today, or thinking about tomorrow. We're just focusing on current reality and being present in the moment.

Risky Behaviour

A risky behaviour is understood in social sciences as a behaviour that exposes you to potential harm (mental, physical, or emotional), such as social media use. Other risky behaviours include drinking alcohol, sex, drugs, texting while driving, and smoking tobacco.

Resilience

Ability to withstand stress and the capacity to recover from failure and life's difficulties in order to bounce back and thrive.

Social Comparison

Social comparison theory, initially proposed by social psychologist Leon Festinger in 1954, is the idea that people compare themselves as a means of understanding their own identity, opinions, and abilities.

Social Currency

"Social currency refers to the actual and potential resources from presence in social networks and communities, including both digital and offline" (Wikipedia). In social media, the likes, comments, shares to DMs, etc. become this form of social currency by which we attribute value to something and someone. The more social currency you have, the better... or is it better?

Soft Skills

"Soft skills" are the skills that typically characterize our relationships with other people, and/or how we approach work and life. They are typically associated with personality traits like emotional intelligence, good communication, high productivity, resilience, and a strong work ethic. They are skills that provide the groundwork for learning all other skills. These skills are often referred to as 'people skills', 'life skills', 'essential skills', 'social skills', 'core skills', or 'transferable skills'. (via [skillscamp.co](https://www.skillscamp.co))

TEEN (SOCIAL MEDIA) SLANG

To see a list of up-to-date slang used by teens, especially on social media, visit [Netsanity](https://www.netsanity.com) or [VeryWellFamily](https://www.verywellfamily.com) at those links.

GENERAL SOCIAL MEDIA JARGON

To see a list of general social media terms, visit [Hootsuite](https://www.hootsuite.com) or [Hubspot](https://www.hubspot.com) at those links.