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Abbreviations & Slang to Know

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*This is not a total list of terms, abbreviations or slang. This is designed to kick start your continuing education.




TBH	To Be Honest
Anon	Anonymous
ASL / ASLP	Age Sex Location or Age Sex Location Picture
ITT	In This Thread
An Hero	To Complete Suicide
Gore	Posts/pictures related to death, murder, accidents, suicide etc.
DTF	Down To F%#&
POS	Parent Over Shoulder
420	April 20 th and 4:20a.m./p.m. Related to marijuana
Catfish	To assume a false identity
XYZ	Examine Your Zipper or can be a reference to alcohol
53X	Sex
CU46	See You For Sex
HMU	Hit Me Up
PAH / P@H	Parent At Home
TDTM	Talk Dirty To Me
NSFW	Not Safe For Work



newb	Short for “newbie.” Someone who is new to something, but also humble and willing to learn.
n00b	Derogatory term for “know-it-all’s” who generally don’t know what they are talking about and spread negativity.
platform	A system that manages content. Ex. Wordpress is a platform that manages peoples’ blogs.
apps	Abbreviation for “application” which is the software program designed to perform a specific function. Ex. <i>Mapquest</i> is designed to route you to a chosen destination.
hashtag (#)	A type of label or metadata tag used on social network and microblogging services which makes it easier for users to find messages with a specific theme or content.
GIF	“Graphics Interchange Format” is a looping animated video clip.
geotagging	The process of adding geographical identification metadata to various media such as a photograph or video. Ex. “ <i>Checking In</i> ”
“liking”	The act of notifying someone that you liked their picture/post/message via the platforms notification system.
reblogging	Commonly referred to in Twitter terminology as “retweeting,” is the mechanism in blogging which allows users to repost the content of another user’s post with an indication that source is another user.
parasite website	<i>A definition specific for this training:</i> A website that goes to other websites to take content (pictures, videos, etc.) and posts them for others to use/save.
DSM	The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) is the 2013 update to the American Psychiatric Association’s (APA) classification and diagnostic tool. In the United States the DSM serves as a universal authority for psychiatric diagnosis.
meme	An Internet meme is an activity, concept, catchphrase or piece of media which spreads, often as mimicry, from person to person via the Internet.
microblogging	Very short blog posts. Twitter is an example. Tumblr falls into this category in some definitions.
photoblog	A blog that allows you to share photos. Ex. <i>Flickr</i>
viral	Anything that is posted and is shared on and across social networks rapidly.
troll (internet troll)	A person who sows discord on the Internet by starting arguments or upsetting people, by posting inflammatory, extraneous, or off-topic messages in an online community (such as a newsgroup, forum, chat room, or blog) with the deliberate intent of provoking readers into an emotional response or of otherwise disrupting normal on-topic discussion.



	<i>App Logo / Name</i>	<i>App Description</i>	<i>App Exchange Rating</i>
VIDEO CHATTING	 Oovoo	Known Account Interactions Free video Face to Face Chats	You must be at least 13 years old to download this app.
	 Chatroulette	Random "Stranger" Interactions Free online chat website that pairs random people around the world for webcam based conversations.	You must be at least 17 years old to download this app. Frequent/Intense Mature/Suggestive Themes, Sexual Content or Nudity, Profanity or Crude Humor and Alcohol, Tobacco, or Drug Use/References
	 Omegle	Random "Stranger" Interactions Free online chat website allow users to communicate randomly, anonymously and without registration.	You must be at least 17 years old to download this app. Frequent/Intense Alcohol, Tobacco, or Drug Use or References and Mature/Suggestive Themes Infrequent/Mild Sexual Content or Nudity and Profanity or Crude Humor

INSTANT MESSAGING	 Snapchat	Free application that allows pictures and video to be shared and then hidden from the recipient device after 1-10 seconds.	You must be at least 12 years old to download this app. Infrequent/Mild Alcohol, Tobacco, or Drug Use/References, Mature/Suggestive Themes, Profanity or Crude Humor and Sexual Content/Nudity
	 Sneakaboo	Free application saves all snapchatted images on the recipient's phone without the sender knowing	You must be at least 12 years old to download this app. Infrequent/mild sexual content and nudity.
	 Kik	Free, instant messaging application to share digital content: texts, pictures and videos. Also has apps built in that mimic other apps such as Snapchat.	You must be at least 12 years old to download this app. Frequent/Intense Mature/Suggestive Themes Unrestricted Web Access











SPOOF TEXTING	 Spooftexting	Allows someone to send texts that appear to have come from another person's phone.	N/A
	 Fake A Text	Allows you to create a fake conversation message screenshot	N/A


IMAGE BLOGS	 Tumblr	Image Blog for sharing pics, gifs, videos, questions, thoughts, quotes, etc.	You must be at least 17 years old to download this app. Frequent/Intense Sexual Content or Nudity Unrestricted Web Access
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INTEREST SHARING	 Ask.fm	Social networking site allowing profiles to be created and sending anonymous messages.	You must be at least 12 years old to download this app. Infrequent/Mild Cartoon or Fantasy Violence, Profanity or Crude Humor, Alcohol, Tobacco, or Drug Use/ References, Mature/Suggestive Themes and Sexual Content or Nudity
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	<i>App Logo / Name</i>	<i>App Description</i>	<i>App Exchange Rating</i>
PHOTO/VIDEO SHARING	 Instagram	Photo/video social network that enables sharing content on multiple platforms.	You must be at least 12 years old to download this app. Infrequent/Mild Mature/Suggestive Themes, Sexual Content and Nudity, Profanity or Crude Humor and Alcohol, Tobacco, or Drug Use/References
	 Vine	Short form video sharing service letting users loop 6 second clips that can be shared with followers or posted to other social platforms	You must be at least 17 years old to download this app. *See App Exchange.

	<i>App Logo / Name</i>	<i>App Description</i>	<i>App Exchange Rating</i>
LOCATION BASED "GOSSIP"	 Whisper	App allowing users to post and comment on image based messages anonymously.	You must be at least 17 years old to download this app. Infrequent/Mild Profanity or Crude Humor, Alcohol, Tobacco, or Drug Use/References and Mature/Suggestive Themes
	 After School	After School is location based and organized to school districts. You join your school group and have to verify through Facebook. To give permission to the "mature" content, the app will scan the users drivers license to verify age. The mature sections are categorized into "sexual, drugs, profanity and gross."	You must be at least 17 years old to download this app. Frequent/Intense Mature/Suggestive Themes Infrequent/Mild Alcohol, Tobacco, Drug Use or References Infrequent/Mild Sexual Content and Nudity Infrequent/Mild Profanity or Crude Humor
	 Burnbook	A social networking accountability app allowing users to "review" others with anonymity.	You must be at least 17 years old to download this app. Frequent/Intense sexual conduct, nudity, profanity, crude humor, violence, suggestive themes, alcohol, tobacco or drug use.
	 Yik Yak	App allowing users to post and comment on messages anonymously within certain proximity to user.	You must be at least 17 years old to download this app. Frequent/Intense Horror/Fear Themes, Cartoon or Fantasy Violence, Profanity or Crude Humor, Unrestricted Web Access, Sexual Content/Nudity, Alcohol, Tobacco, or Drug Use/References and Mature/Suggestive Themes

	<i>App Logo / Name</i>	<i>App Description</i>	<i>App Exchange Rating</i>
PERSONAL BROADCASTING	 Younow	Platform for live video broadcasting.	You must be at least 12 years old to download this app. Infrequent/Mild Mature/Suggestive Themes, Alcohol, Tobacco, or Drug Use/References, Realistic Violence and Profanity or Crude Humor

	<i>App Logo / Name</i>	<i>App Description</i>	<i>App Exchange Rating</i>
MAKING "CONNECTIONS"	 Skout	Location based social networking and dating application.	You must be at least 17 years old to download this app. Frequent/Intense Mature/Suggestive Themes Infrequent/Mild Sexual Content and Nudity
	 Grindr	Social network app exclusively for gay, bi and curious men.	You must be at least 17 years old to download this app. Frequent/Intense Mature/Suggestive Themes Infrequent/Mild Sexual Content and Nudity
	 Tinder	Location based dating application.	You must be at least 17 years old to download this app. Infrequent/Mild Profanity or Crude Humor and Sexual Content/Nudity Frequent/Intense Mature/Suggestive Themes



Mental Health Resources

Resource	Description	Website
Substance Abuse and Mental Health Services Administration (SAMHSA)	Substance abuse and mental health resources and information	http://www.samhsa.gov/
SAMHSA - Free Tool Kits	<i>After A Suicide: A Toolkit for schools</i> <i>Preventing Suicide: A Toolkit for High Schools</i>	http://www.store.samhsa.gov/
National Suicide Prevention Lifeline	This SAMSHA sponsored site also offers promotional materials and resources	http://www.suicidepreventionlifeline.org/ Phone: 1 - 800 - 273 - TALK (8255)
Pennsylvania Youth Suicide Prevention Initiative	Information regarding the local efforts that Pennsylvania has made to prevent youth suicide.	http://www.paspi.org/
The STAR Clinic Pittsburgh PA	Services for Teens At Risk (STAR) is a program that combines clinical and outreach services designed to combat the problem of adolescent suicide.	http://www.starcenter.pitt.edu/
National Eating Disorders Association (NEDA)	The National Eating Disorders Association (NEDA) is the leading non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders.	http://www.nationaleatingdisorders.org/
S.A.F.E. Alternatives for Stopping Self Abuse	Information about preventing self-injurious behaviors.	http://selfinjury.com/
Reach Out	Founded to address youth suicide prevention. Geared for students 13 - 17.	http://us.reachout.com/facts
Half of Us	Campaign that featuring students and celebrities who have experienced mental health issues such as depression that share how they coped and received help.	http://www.halfofus.com
Aavidum	Aavidum with support from the Minding Your Mind Foundation seek to reduce the stigma often associated with mental health especially involving youth and their families and schools.	http://aavidum.com/
Ulifeline Sponsored by the Jed Foundation	Mental health information and resources for college age students.	http://www.ulifeline.org/
The Trevor Project	Support and provides crisis intervention services to lesbian, gay, bisexual, transgender & questioning youth.	http://www.thetrevorproject.org/ Phone: 1 - 833 - 488 - 7386



Cyberbullying & Technology Resources

Resource	Description	Website
The Cyberbullying Research Center Dr. Justin Patchin & Dr Sameer Hinduja	Dedicated to providing information about consequences of cyberbullying among adolescents.	http://www.cyberbullying.us/resources.php
Connect Safely Larry Magid	Tips, safety advice, articles, video and other resources to promote safe and productive use of technology.	http://www.connectsafely.org/
Safe Kids	One of the oldest and most enduring sites regarding Internet safety.	http://www.safekids.com/
Larry's World	Larry serves as on-air technology analyst for CBS News	http://www.larrysworld.com/
Embrace Civility Nancy Willard	Addresses bullying and youth risk in the digital age. Provides tools to encourage young people to be positive advocates in the battle against cyberbullying.	http://www.embracecivility.org/
Net Family News Anne Collier	The "community newspaper" providing information about technology.	http://www.netfamilynews.org/
Cyberbullying State Laws	A list of the cyberbullying laws organized by state	http://www.cyberbullying.us
Netsmartz - "6 Clicks" The Short Video	Video about how easy it is to find personal information online.	http://www.netsmartz.org
Cyberbully The ABC Movie	Informative ABC family movie regarding the impact cyberbullying can have on its victims & their family & friends.	Amazon or Netflix
Take This Lollipop Facebook interactive video clip	Interactive horror short film and Facebook app	http://www.takethislollipop.com/
National Crime Prevention Council	Information and resources to curb the growing problem of cyberbullying.	http://www.ncpc.org/topics/cyberbullying
Stop Bullying	Explains why cyberbullying is different from traditional bullying, what you can do to prevent it, and how you can report it when it happens.	http://www.stopbullying.gov
National Center for Missing and Exploited Children REPORT CYBER CRIMES HERE	National organization that provides information and resources to law enforcement, parents, children including child victims as well as other professionals.	http://www.missingkids.com
National Education Association	Bullying information and prevention	http://www.nea.org