



Instant messaging and text messaging is the most popular form of cyber communication among adolescents. These messages are sent using SMS (Short Message System) lingo. Unfortunately, most parents can't decipher this language containing over 4000 phrases. Below is a list of the most popular phrases and sites you can visit for more extensive lists.

A/S/L	Age/Sex/Location	NP	No problem
A3	Anytime,anywhere,anything	OMG	Oh my God!
Afair	As far as I remember	OvR8d	Overrated
AOB	Alcohol on Board	P*D	Pissed
RUF2F	Are you free to talk?	PITA	Pain in the A**
BBIAM	Be back in a minute	PAW	Parents are watching
BWKOTL	Big wet kiss on the lips	pswrđ	Password
Cofy	Coffee	RB@U	Right back at you
QT	Cute	ROFL	Rolling on floor laughing
2X	Double	RN	Right now
D8	Date (var. 2XD8)	6ual	Sexual
XTC	Ecstasy	CUL8R	See you later
F2F	Face to Face	aaah	Screaming
FWIW	For what its worth	S2Bx	Soon to be ex
1FS	Giving the finger	sk8tr	Skater
Gdby	Goodbye	SO	Significant other
GTH	Go to H***	SOL	S*** Out of Luck
GTGTZZZ	Got to go to sleep	Sux	Sucks
H&K	Hugs and Kisses	SxA	Sex appeal
HRU	How are you?	2L8	Too late
I12CU	I want to see you	Tmoro	Tomorrow
ILUWAMH	I love you with all my heart	T2UL	Talk to you later
IMTTU	I miss talking to you	TMI	Too much information
IMU2	I miss you too	Tkts	Tickets
Jst4U	Just for you	TOY	Thinking of you
KOL	Kiss on the lips	un4gtabL	Unforgettable
LMAO	Laughing My A** Off	VBS	Very big smile
LOL	Laugh out loud	1dr	Wonder (var. 1dring)
Lyn	Lying	U@?	Where are you?
MYMU	Make your mind up	W4U	Waiting for you
MorF	Male or Female	Wnt2	Want to (var. DUWnt2?)
mov	Movie	WTH	What the H***
NM	Never mind	WYRN	What's your real name?
NMP	Not my problem	YSUD	Yeah sure you do
NOYB	None of your business	YW	You're welcome

For more parenting resources visit www.360family.org