



## ARCHBISHOP ILSLEY CATHOLIC SCHOOL

"Let Your Light Shine"

Victoria Road, Acocks Green, Birmingham, B27 7XY

**Tel:** 0121 706 4200

**Email:** [enquiry@ilsley.bham.sch.uk](mailto:enquiry@ilsley.bham.sch.uk)

**Website:** [www.ilsley.bham.sch.uk](http://www.ilsley.bham.sch.uk)

Headteacher: Mr Ciaran Clinton



25<sup>th</sup> March 2025

Dear ?

Contextual safeguarding is when schools react and deliver content or important message that are relevant to a local area or something that is being discussed in popular culture.

Currently the number 1 of the 'Top 10 TV Programmes in the UK Today' on Netflix is the drama named 'Adolescence' which is about the arrest, schooling, psychological assessment and home life of a 13-year-old boy accused of assaulting a fellow pupil.

Whether you have seen the programme or not, we thought it might be useful for parents to know about current text speak, acronyms and phrases that many teenagers are using. You can find these on attachment 1 and 2.

As with anything to do with safeguarding, if you have any concerns about your child(ren) or any other pupils or students at our school, please make contact with your pastoral lead. The support network available for your child and each year group is included in the third attachment.

Yours sincerely

The Safeguarding Team at Archbishop Ilsley

## HIDDEN CODES TO LOOK OUT FOR

CODE	MEANING	CODE	MEANING
9	<i>A parent is watching</i>	J/K	<i>Just kidding</i>
420	<i>Marijuana</i>	J4F	<i>Just for fun</i>
:3	<i>Cat face emoticon (cute/odd/coy)</i>	Jarring	<i>Annoying</i>
"Are you parring me?"	<i>Are you disrespecting me?</i>	JIC	<i>Just in case</i>
"Bye Felicia"	<i>Dismissive phrase to tell someone to go away</i>	Jokes	<i>Really funny</i>
"Can't even"	<i>Expression of exasperation</i>	JSYK	<i>Just so you know</i>
"I know a way you can earn money fast"	<i>Possible attempt to get photos/webcam access or blackmail info</i>	K or KK	<i>Okay</i>
"I know someone who can get you a modeling job"	<i>Possible attempt to ask for photos/flatter</i>	Kicked	<i>Left behind</i>
"I'm weak"	<i>That was funny</i>	KPC	<i>Keep parents clueless</i>
"Is everything"	<i>Great/important</i>	Legend	<i>Very cool person</i>
"It's lit"	<i>Cool/awesome</i>	LMAO or LMBO	<i>Laughing my butt off</i>
"Let's go private"	<i>Leaving public chatroom for private messaging</i>	LMIRL	<i>Let's meet in real life</i>
"Where's your computer in your house?"	<i>Potentially checking if parents are around</i>	LMK	<i>Let me know</i>
"Who/What's your favorite band/designer/film/gear?"	<i>Possible attempt to gather info for gifts</i>	Lol	<i>Laugh out loud</i>
"You are the love of my life"	<i>Potential emotional manipulation</i>	Low key	<i>Not wanting something widely known</i>
"You da real MVP"	<i>Thanks for doing something important</i>	Merked	<i>Really drunk/beaten up/told off</i>
"You seem sad. Tell me what's bothering you"	<i>Potential attempt to gather personal info</i>	MIRL	<i>Meeting in real life</i>
#ana	<i>Anorexia</i>	MM	<i>Music Monday</i>
#deb	<i>Depression</i>	Molly	<i>Ecstasy/MDMA (or a person named Molly)</i>
#sue	<i>Suicide</i>	MOOS	<i>Member of the opposite sex</i>
#svv	<i>Self-harming behaviour</i>	MOS	<i>Mum over shoulder</i>
#thinsp	<i>Thinspiration (photos/messages inspiring thinness)</i>	Moving to (someone)	<i>Approaching aggressively or romantically</i>
2day	<i>Today</i>	MSM	<i>Mainstream media</i>
4eae	<i>Forever and ever</i>	NAGI	<i>Not a good idea</i>
Acc	<i>Actually</i>	Netflix 'n Chill	<i>Meeting under pretense of watching Netflix, but actually for sex</i>

## HIDDEN CODES TO LOOK OUT FOR

<b>AF</b>	<i>As f**k</i>	<b>NIFOC</b>	<i>Naked in front of computer</i>
<b>AFAIK</b>	<i>As far as I know</i>	<b>NM</b>	<i>Never mind</i>
<b>AFK</b>	<i>Away from keyboard</i>	<b>NMU</b>	<i>Not much, you?</i>
<b>Aired</b>	<i>Ignoring someone</i>	<b>NP</b>	<i>No problem</i>
<b>AND</b>	<i>Any day now</i>	<b>NSFL</b>	<i>Not safe for life</i>
<b>ASL</b>	<i>Age, sex, location</i>	<b>NSFW</b>	<i>Not safe for work</i>
<b>ATM</b>	<i>At the moment</i>	<b>NTS</b>	<i>Note to self</i>
<b>B</b>	<i>Babe (friend)</i>	<b>Obvi</b>	<i>Obviously</i>
<b>B/C</b>	<i>Because</i>	<b>OH</b>	<i>Overheard</i>
<b>B4</b>	<i>Before</i>	<b>OMG</b>	<i>Oh my God</i>
<b>Bae</b>	<i>Term of endearment (before anyone else)</i>	<b>On fleek</b>	<i>On point/executed well</i>
<b>Baffed</b>	<i>Confused</i>	<b>ORLY</b>	<i>Oh really?</i>
<b>Banter</b>	<i>Fun chat</i>	<b>OTP</b>	<i>Fictional couple meant to be together</i>
<b>Bare/Bear</b>	<i>Really, really</i>	<b>P911 or P999</b>	<i>Parents are watching</i>
<b>Basic</b>	<i>Lacking originality</i>	<b>PAP</b>	<i>Post a picture</i>
<b>Begfriend</b>	<i>Someone who sucks up to others</i>	<b>Peak</b>	<i>Unfortunate</i>
<b>BF or GF</b>	<i>Boyfriend or girlfriend</i>	<b>Peng or tidy</b>	<i>Really attractive</i>
<b>BFN</b>	<i>Bye for now</i>	<b>Pls or plz</b>	<i>Please</i>
<b>Blates</b>	<i>Obviously</i>	<b>POS</b>	<i>Parents over shoulder</i>
<b>Blessed</b>	<i>Nice person</i>	<b>PPL</b>	<i>People</i>
<b>BOL</b>	<i>Be on later</i>	<b>Pre-ing</b>	<i>Pre-drinking</i>
<b>Bookie</b>	<i>Weird or disgusting</i>	<b>Preeing</b>	<i>Looking at someone online (Facebook stalking)</i>
<b>Booted</b>	<i>Left behind or dumped</i>	<b>PTB</b>	<i>Please text back</i>
<b>Boots</b>	<i>Used to mean 'very' or 'a lot'</i>	<b>QQ</b>	<i>Crying</i>
<b>BRB</b>	<i>Be right back</i>	<b>RAK</b>	<i>Random act of kindness</i>
<b>Bromance</b>	<i>Close friendship between two boys</i>	<b>RL</b>	<i>Real life</i>
<b>Bruh</b>	<i>Casual "bro"</i>	<b>ROFL</b>	<i>Rolling on the floor laughing</i>
<b>BTW</b>	<i>By the way</i>	<b>RT</b>	<i>Retweet</i>
<b>Buck me</b>	<i>Give me</i>	<b>RU/18</b>	<i>Are you over 18?</i>
<b>Buff</b>	<i>Attractive</i>	<b>RUOK</b>	<i>Are you okay?</i>
<b>Butters</b>	<i>Ugly person</i>	<b>Safe</b>	<i>Reliable/good person</i>
<b>CBA</b>	<i>Can't be bothered</i>	<b>Salty</b>	<i>Bitter about something</i>
<b>CD9</b>	<i>Parents are around</i>	<b>Savage</b>	<i>Cool</i>
<b>Cray</b>	<i>Crazy</i>	<b>Ship</b>	<i>Relationship admiration</i>
<b>Crow</b>	<i>Cannabis</i>	<b>Sick</b>	<i>Fantastic/cool</i>

## HIDDEN CODES TO LOOK OUT FOR

<b>CU46</b>	<i>See you for sex</i>	<b>Sip tea</b>	<i>Mind your own business</i>
<b>Curve</b>	<i>Reject someone romantically</i>	<b>Sket</b>	<i>Insulting term towards girls</i>
<b>Cuz</b>	<i>Friend</i>	<b>SkI</b>	<i>School</i>
<b>Daddy</b>	<i>A partner with influence/power or affection</i>	<b>Skurt</b>	<i>Go away or leave</i>
<b>Dench</b>	<i>Fantastic/cool</i>	<b>Slay</b>	<i>Doing really well</i>
<b>Dime</b>	<i>Extremely good looking person</i>	<b>Slept</b>	<i>Knock someone out</i>
<b>DM</b>	<i>Direct message</i>	<b>Slipping</b>	<i>Messing up</i>
<b>Dope</b>	<i>Really cool</i>	<b>Smash</b>	<i>Casual sex</i>
<b>Down in the DM</b>	<i>Plans for a sexual hook-up in social media/texts</i>	<b>SMH</b>	<i>Shaking my head</i>
<b>DWBH</b>	<i>Don't worry be happy</i>	<b>Snatched</b>	<i>Same as "on fleek"</i>
<b>F2F or FTF</b>	<i>Face to face</i>	<b>Squad</b>	<i>Friend group</i>
<b>Fail</b>	<i>Something goes wrong</i>	<b>SRSLY</b>	<i>Seriously</i>
<b>Fam</b>	<i>Close friends</i>	<b>SSDD</b>	<i>Same stuff, different day</i>
<b>FB</b>	<i>Facebook</i>	<b>Stacked</b>	<i>Muscly, toned</i>
<b>Feels</b>	<i>Feelings</i>	<b>Straight fire</b>	<i>Hot/trendy</i>
<b>FF</b>	<i>Follow Friday</i>	<b>Swag</b>	<i>Confidence or fancy clothes</i>
<b>Fierce</b>	<i>Looking amazing</i>	<b>SWAK</b>	<i>Sealed with a kiss</i>
<b>FOMO</b>	<i>Fear of missing out</i>	<b>Swear</b>	<i>Serious?</i>
<b>FTL</b>	<i>For the loss</i>	<b>Swipe right</b>	<i>Tinder term of approval</i>
<b>FTW</b>	<i>For the win</i>	<b>SWYP</b>	<i>So what's your problem?</i>
<b>FWB</b>	<i>Friends with benefits</i>	<b>TBH</b>	<i>To be honest</i>
<b>FWIW</b>	<i>For what it's worth</i>	<b>TBR</b>	<i>To be rude</i>
<b>FYEO</b>	<i>For your eyes only</i>	<b>Thirsty</b>	<i>Desperate for something</i>
<b>FYI</b>	<i>For your information</i>	<b>Throw shade</b>	<i>Give a nasty look or comment</i>
<b>G</b>	<i>A friend (boy to boy)</i>	<b>TIA</b>	<i>Thanks in advance</i>
<b>Gassed</b>	<i>Happy</i>	<b>TIME</b>	<i>Tears in my eyes</i>
<b>Ghost</b>	<i>Completely ignoring someone (ghosting)</i>	<b>TMB</b>	<i>Tweet me back</i>
<b>GLHF</b>	<i>Good luck, have fun</i>	<b>TMI</b>	<i>Too much information</i>
<b>GNOC</b>	<i>Get naked on camera</i>	<b>TMRW</b>	<i>Tomorrow</i>
<b>GOAT</b>	<i>Greatest of all time</i>	<b>Trolling</b>	<i>Fooling someone; often abusive online</i>
<b>GR8</b>	<i>Great</i>	<b>Truss</b>	<i>I agree</i>
<b>GTG</b>	<i>Got to go</i>	<b>TTYL</b>	<i>Talk to you later</i>
<b>Gucci</b>	<i>Good/cool</i>	<b>Turnt</b>	<i>Excited/lit</i>
<b>HAK</b>	<i>Hugs and kisses</i>	<b>TY or TU</b>	<i>Thank you</i>
<b>HAND</b>	<i>Have a nice day</i>	<b>Ur</b>	<i>Your/you're</i>

## HIDDEN CODES TO LOOK OUT FOR

<b>Hella</b>	<i>Really</i>	<b>V</b>	Very
<b>Hooking up</b>	<i>Having sex</i>	<b>VSF</b>	Very sad face
<b>HT or H/T</b>	<i>Heard through</i>	<b>Wag1/Wagwan</b>	What's up?
<b>HTH</b>	<i>Hope this helps</i>	<b>Wavey</b>	Drunk or high
<b>Hundo P</b>	<i>100% sure</i>	<b>WB</b>	Welcome back
<b>IANAL</b>	<i>I am not a lawyer</i>	<b>Wired</b>	Drug-induced paranoia
<b>IDEK</b>	<i>I don't even know</i>	<b>Woke</b>	Highly aware of social issues
<b>IDK</b>	<i>I don't know</i>	<b>WTH or WTF</b>	What the heck?
<b>IIRC</b>	<i>If I remember correctly</i>	<b>WTPA</b>	Where's the party at?
<b>IK</b>	<i>I know</i>	<b>WYCM</b>	Will you call me?
<b>IKR</b>	<i>I know, right?</i>	<b>WYRN</b>	What's your real name?
<b>III</b>	<i>Fantastic/cool</i>	<b>WYSIWYG</b>	What you see is what you get
<b>ILY or ILU</b>	<i>I love you</i>	<b>YAS</b>	Enthusiastic "yes"
<b>IMHO</b>	<i>In my honest opinion</i>	<b>YGM</b>	You've got mail
<b>IMO</b>	<i>In my opinion</i>	<b>YOLO</b>	You only live once
<b>IRL</b>	<i>In real life</i>	<b>YW</b>	You're welcome
<b>IU2U</b>	<i>It's up to you</i>	<b>Zerg</b>	To gang up on someone
<b>IWSN</b>	<i>I want sex now</i>	<b>ZOMG</b>	Oh my God
<b>IYKWIM</b>	<i>If you know what I mean</i>		

# Incel Culture

## PARENT GUIDE



The recent **Netflix** drama **Adolescence** has highlighted the troubling rise of incel (involuntary celibate) communities and their influence on young people. As a parent, it is important to understand this online subculture, recognise warning signs, and engage in open conversations with your child. This guide explains incel ideology, key terms, signs to look out for, and conversation starters to help you support your child. You can find further support on our website.

### What is an incel?



The term **incel** stands for 'involuntary celibate' and refers to men who believe they are unable to form romantic or sexual relationships despite wanting to. Some incel communities foster resentment towards women, blaming them for their perceived misfortune. These forums (often online) can promote misogyny, victimhood, and, in extreme cases, radicalisation.

### Key Incel Terminology

**Red Pill** – From The Matrix, refers to 'waking up' to the 'truth' of gender dynamics, as incels perceive them.

**Chad** – An attractive, successful man who is desirable to all women.

**Stacy** – An attractive woman who is seen as prioritising men like Chad.

**Becky** – An average woman, often contrasted with a Stacy.

**Femoid/Foid** – A dehumanising term, implying women are inferior.

**Black Pill** – Belief that nothing changes with self improvement or effort.

**80/20 Rule** – A theory suggesting that 80% of women are attracted to 20% of men, fuels resentment.

**Andrew Tate** – A key promoter of incel ideology.

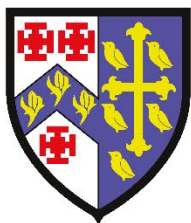
### Signs to Look Out For:

- Low self-esteem
- Use of incel language
- Hostility towards women
- Isolation and secrecy
- Increased frustration & anger



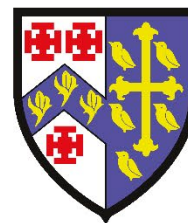
### Conversation Starters:

- What do you think makes a healthy relationship?
- Do you think it's fair to blame one group of people for personal difficulties?
- How do you decide whether something you read online is trustworthy?



# Your Support Network

Further to your teachers and form tutor, you have a huge team to advise and guide you!



## Year 7 Team



Mrs Wafi  
Head of Year



Mrs Copage  
Pastoral Lead



Mr Simmons  
SLT Link



Mr Brennan  
Teaching Assistant

## Year 8 Team



Mrs Lynch  
Head of Year



Mr Hanlon  
Pastoral Lead



Mrs Burnham  
SLT Link



Mrs Gaines  
Teaching Assistant

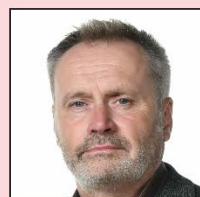
## Year 9 Team



Mr Bruton  
Head of Year



Mrs Portman  
Pastoral Lead



Mr Morris  
SLT Link



Mrs Crowton  
Teaching Assistant

## Year 10 Team



Mr Francioso  
Head of Year



Miss Kilroy  
Pastoral Lead



Mr Corrigan  
SLT Link & Lead DSL



Mrs Munnelly  
Teaching Assistant

## Year 11 Team



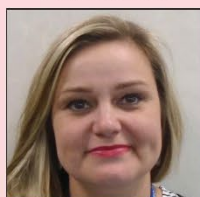
Miss Brady  
Head of Year



Mr Newey  
Pastoral Lead



Mr McDonald  
SLT Link



Mrs Wroblewska  
Teaching Assistant

## Sixth Form Team



Mrs Grant  
Head of Sixth Form



Mrs McMahon - Sixth  
Form Coordinator



Mrs O'Neill  
Sixth Form Support

## School Support Network



Ms Smithen  
Deputy DSL



Mrs Lloyd  
Medical Lead



Mrs Begum  
EAL Coordinator



Miss Williams  
Refocus Coordinator



Miss Whelan  
Attendance Officer



Miss McLaughlin  
Hub Coordinator