

Slang Expressions Nobody Teaches You Ep1

English learning resource · EN

Key words & expressions · English

8 learning entries

Study task: Listen again and notice the expressions you studied.

1

rizz

DEF

Charisma or social charm, especially when attracting someone romantically.

Very informal internet slang; mainly used by younger speakers and often humorously.

He has enough rizz to make the conversation feel easy.

My friend joked that I had zero rizz.

2

no cap

DEF

Honestly; what I am saying is true.

Highly informal slang used to emphasise sincerity.

Your pronunciation is improving, no cap.

That was the best performance tonight, no cap.

3

cap

DEF

A lie or an untrue statement.

Very informal; That's cap means I do not believe that.

Ten hours of study? That is cap.

He called the excuse cap immediately.

4

deadass

DEF

Seriously; genuinely; without joking.

Intense, very informal US slang; avoid it in formal situations.

I am deadass hungry.

You walked home in the rain, deadass?

5

bet

DEF

Okay, agreed, or let's do it.

A short, confident informal reply common in speech and chats.

Meet at seven? Bet.

I will send the notes. — Bet.



6

low-key

DEF

calm, understated, and not drawing attention; also used informally to mean 'slightly' or 'secretly a little'

Low-key has two lives: the adjective ('a low-key dinner') and the informal adverb ('I am low-key obsessed'). Both are extremely common in current informal English and essential for modern conversation.

I am low-key terrified of speaking in large groups — not panicking, just quietly nervous.

It was a low-key gathering, just five friends talking for hours — perfect for practising real English.

7

high-key

DEF

Openly, strongly or without trying to hide a feeling.

Informal and emphatic; it contrasts with low-key.

I high-key love this podcast.

She was high-key excited about the trip.

8

to build confidence

DEF

to gradually develop a stronger belief in your own abilities — through practice, experience, and small successes

Build confidence is the self-development phrase. Confidence is not a fixed trait — it is built through action. In language learning, confidence is built by speaking even when unsure, by succeeding in small interactions, and by reframing failures as feedback rather than proof of inadequacy. 'Build confidence' implies the process is active and cumulative — not something that arrives on its own.

Build confidence by seeking small wins first — confidence in big situations comes from many small ones.

She built her confidence in English by starting with short, predictable conversations at the local shop before attempting longer or more complex ones.

