

## A STAFFROOM GUIDE

# The looksmaxxing decoder

## 18 words your students are using, what they mean, and when to act.

You don't need to memorise the slang. You need to notice the mindset underneath it: a boy treating his face as a project with a deadline. It skews young: 58% of one major looksmaxxing forum's users were under 18. Start with curiosity, never horror, and use the levels below.

**LISTEN** Everyday vocabulary. Stay curious, don't lecture.

### Looksmaxxing

Maximising your looks. The umbrella term for the whole trend.

### Mewing

Tongue pressed to the roof of the mouth to 'restructure' the jaw. No clinical evidence.

### Mogging

Being visibly more attractive than someone. Boys rank each other with it.

### Softmaxxing / glow up

Haircut, skincare, gym, clothes. The surface layer, mostly harmless.

### Jestermmaxxing

Playing the class clown to compensate for looks he's already written off.

### Heightmaxxing

Posture drills and shoe lifts to appear taller.

**CHECK IN THIS WEEK** The worldview is loading. Ask one question, then listen.

### Canthal tilt / hunter eyes

He's measured his eye angle with an app and rated himself 'hunter' or 'prey'.

### PSL / sub-5 / ascending

A forum scale rating faces out of 8. 'Sub-5' means written off; 'ascending' is climbing the tier list toward 'Chad'.

### Gymcel

Training driven by despair about his face, not health or sport.

### Looksmatch

The idea you're only entitled to date your own rating.

### Blackpill

The belief that looks are genetic destiny and effort is pointless. Genetic fatalism with a brand name.

### Jaw trainer / chew devices

An influencer just closed a sale on a 'fix' for a face that was never broken.

**MORE THAN BANTER** Even as a joke: same-day conversation, then your wellbeing team.

### "It's over" / "chopped"

Genetic fatalism: my life is finished at 15. Quiet despair dressed as slang.

### Bonesmashing

Hitting the face with hard objects to 'trigger bone growth'. Causes real injury.

### T-maxxing

Chasing testosterone he doesn't need, often black-market. Sellers skip the risk list: heart problems, infertility, blood clots.

### Starvemaxxing

Deliberate undereating for a sharper face. Eating disorder content in a new uniform.

### Hardmaxxing

Surgery talk: implants, leg-lengthening, procedures he's researching seriously.

**THE REDIRECT** The counter-vocabulary. Keep the word, change the target.

### Skillmaxxing / servicemaxxing / coursemaxxing

Guitar hours, volunteer shifts, stacked certificates, tracked like reps. The discipline is real. Point it at a scoreboard he can climb.

### Status sickness

The condition underneath the trend: compulsive comparison, manufactured for profit. Name the machine, never the boy.

## The tell is the mindset, not the word.

When a student talks about his bones deciding his future, the person who taught him that is selling him something. Show students the machine: "What does the seller earn if you believe your face is broken?"