

Swear Words and Alternatives: A Comprehensive Checklist

Important Ethical Context:

At its core, communication is about expressing thoughts, feelings, and identity, including frustration, humor, and personality. Strong language, including swear words and slang, can be an important part of authentic self-expression. Swearing can serve emotional, humorous, or emphatic purposes and withholding it can marginalize AAC Users' expressive range. This checklist is intended to help caregivers and professionals work together to support the AAC user's right to communicate fully and meaningfully.

Please review and select the vocabulary below that you are comfortable adding to your AAC user's system. You are welcome to cross out, modify, or add your own words or phrases as appropriate for your family values and the AAC user's needs and preferences.

Mild Swears & Soft Substitutes

| Swear Phrase | Alternate / Notes |
|---------------------|--|
| What the heck? | What the hay? / What the... |
| Darn it! | Dang it! / Shoot! / Rats! |
| Crap | Crud / Poop / Poo |
| Frick / Frig | Fudge / Flip / Floop |
| Gosh / Golly / Geez | Oh my goodness / Oh man |
| Heck no! | Nope / No way |
| Shut up! | Be quiet / Zip it / Hush up |
| You're a jerk! | Meanie / Rude / Not nice |
| Butthead | Dork / Goober / Knucklehead |
| That sucks | That stinks / That's rough / That's lame |

Moderate Swears

| Swear Phrase | Alternate / Notes |
|-------------------------|-------------------------------------|
| Screw that! | Forget that! / No way! / Hell no! |
| Pissed off | Ticked off / Fed up / Really mad |
| Pain in the ass | Pain in the butt / Pain in the neck |
| Damn / Damn it | Darn / Dang |
| Hell no! | Heck no! / Absolutely not |
| Asshole | Jerk / Tool / A-hole |
| Shut the hell up | Be quiet now / Shut it |
| That's bullshit | That's crap / That's nonsense |
| Don't be a dick | Don't be rude / Don't be a jerk |
| Bastard | Jerk / Scumbag / Mean guy |
| Leave me the hell alone | Leave me alone |

Stronger Swears

| Swear Phrase | Alternate / Notes |
|---------------------|-------------------------------------|
| Oh shit! | Oh darn/ Oh shoot! |
| Fuck! | Fudge / Eff! / Ugh! |
| Fuck that! | Screw that / Forget that / Hell no |
| Fuck you! | Screw you / Get lost / Buzz off |
| Fuck off! | Back off / Leave me alone / Go away |
| Motherfucker | MFer / Psycho / Bastard |
| Holy shit! | Holy crap / Holy cow / Holy moly! |
| Goddamn it! | Gosh darn it / Dammit / Seriously?! |
| Shithead | Idiot / Moron / Dumbass |

| | |
|----------------|---|
| Cocksucker | (No polite alternative; use with caution) |
| Bitch | Jerk / Witch / Meanie |
| Son of a bitch | SOB / Jerk / Bastard |
| Slut / Whore | (Should be used with extreme caution—can be extremely harmful depending on the speaker and context) |

Swear Word Combos & Emphatic Phrases

| Swear Phrase | Meaning |
|-----------------------------------|--|
| Fuck that shit | Highly emphatic rejection |
| Get the fuck out | Surprise or anger, very strong |
| Fucking hell / Fucking A | Intensity or frustration |
| What the actual fuck? | Extreme surprise or confusion |
| Goddamn motherfucker | Extreme emphasis anger/shock/frustration |
| Badass motherfucker | Celebrating confidence or resilience |
| Shit happens | Used to express resignation |
| Don't fuck with me | Warning / threat |
| I don't give a fuck/shit | Apathy / dismissal |
| You're full of shit | Accusation of lying or nonsense |
| Fuck this noise | Giving up / rejecting situation |
| That's a shitty thing to do | Describing emotion/frustration |
| Everything feels shitty right now | Describing situation or experience |

Boundaries

| | |
|-------------------------------------|--|
| Words to Avoid (For now or always): | |
|-------------------------------------|--|

| | |
|--|--|
| People the user <u>can</u> use these with: | |
| People the user <u>should not</u> use these with: | |
| Places the user <u>should not</u> use these with: | |

Custom Requests

Please write in any other swear words/phrases, social slang, family-specific terms, or preferred words/phrases in the box below (i.e. badass, Lit, AF, Savage, Bougie)

Tips for AAC Use & Programming

- Create folders/pagesets for Swear words and Slang
 - Categorize by tone or setting: Mild/Moderate/Stronger/Extreme
 - Casual/Slang with Friends/Intense Expression
- Use toggle settings for caregiver or user control over visibility in device (e.g., a “full expression” mode, versus hiding and showing
- Support pragmatic intent tagging: Is the AAC user angry, joking, venting, excited?
- Try to follow logic (alphabetical, semantic associations) when programming on a page according to the linguistic rules of the AAC program.