# 101 Words and Phrases You Need to Know to Understand the Thought Police

In the wake of mass censorship, shadow banning, and other recent events, it's become increasingly clear that the lines between free speech and social control are blurring. The rise of the "thought police" has us all wondering what we can and cannot say without fear of reprisal. To help you navigate this new landscape, here are 101 words and phrases you need to know:

1. **Alt-right:** A loosely defined political movement that is typically seen as being on the far right of the political spectrum. Alt-right groups often espouse white supremacist, anti-Semitic, and anti-immigrant views.

2. **Cancel culture:** A practice in which people are ostracized and shamed for expressing unpopular or offensive views. Cancel culture can manifest in a variety of ways, including online harassment, boycotts, and social media shaming.

3. **Cultural appropriation:** The adoption or use of elements of a minority culture by members of a dominant culture. Cultural appropriation can be seen as disrespectful and exploitative, especially when it is done without understanding or appreciation for the culture's origins.

4. **Dogwhistle politics:** The use of coded language or symbols to communicate messages to a specific audience. Dogwhistle politics can be used to appeal to voters without alienating more moderate members of the group.

5. **Echo chamber:** A social media environment in which people are only exposed to information that confirms their existing beliefs. Echo

chambers can lead to increased polarization and groupthink.

6. **Gaslighting:** A form of psychological manipulation in which a person seeks to sow doubt and confusion in the mind of another. Gaslighting can be used to control and manipulate victims, and it can have serious emotional consequences.

7. **Hate speech:** Speech that is intended to incite hatred or violence against a particular group of people. Hate speech is often based on race, religion, gender, sexual orientation, or other protected characteristics.

8. **Microaggression:** A subtle or unintentional form of discrimination that can be hurtful to members of marginalized groups. Microaggressions can be verbal, nonverbal, or institutional.

9. **Orwellian:** Referring to the work of George Orwell, particularly his novel _1984_. Orwellian language and ideas are often used to describe totalitarian regimes and the suppression of free speech.

10. **Political correctness:** The avoidance of language or behavior that is considered offensive or insensitive to particular groups of people. Political correctness can be seen as a way to promote respect and inclusivity, but it can also be seen as a form of censorship.
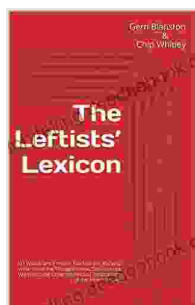
## Additional Words and Phrases

11. **Affirmative action:** A set of policies and practices that are designed to correct for historical discrimination against marginalized groups. Affirmative action programs can include things like quotas, preferences, and outreach efforts.

12. **Allyship:** The practice of supporting and advocating for people from marginalized groups. Allyship can take many forms, including speaking out against discrimination, providing resources, and educating others.

13. **Cisgender:** A term used to describe people whose gender identity matches the sex they were assigned at birth.

14. **Cognitive dissonance:** A state of psychological discomfort that occurs when a person holds two or more conflicting beliefs. Cognitive dissonance can motivate people to change their beliefs or behavior in order to resolve the conflict.

15. **Cultural sensitivity:** The ability to understand and respect the beliefs and practices of different cultures. Cultural sensitivity is important for building bridges between different communities and fostering mutual understanding.

16. **Deadnaming:** The act of using a person's former name or birth name after they have changed their name. Deadnaming can be very hurtful and disrespectful, and it can be a form of transphobia.

17. **Diversity:** The presence of different cultures, races, genders, sexual orientations, and other identities within a group. Diversity can bring many benefits to a group, including increased creativity, innovation, and problem-solving abilities.

18. **Equity:** The fair and just distribution of resources and opportunities. Equity can be achieved through a variety of means, such as affirmative action programs, targeted funding, and social justice initiatives.

19. **Gender binary:** The idea that there are only two genders, male and female. The gender binary is a social construct that does not reflect the full range of human gender identities.

20. **Intersectionality:** The recognition that different forms of discrimination and oppression are interconnected and cannot be understood in isolation. Intersectionality allows us to see how different identities and experiences can create unique challenges for individuals and communities.

The words and phrases listed above are just a starting point for understanding the complex issues surrounding thought policing in the digital age. As the lines between free speech and censorship continue to blur, it is more important than ever to be aware of the language that is being used to control and manipulate our thoughts and actions. By understanding the words and phrases that are used to silence and marginalize, we can better resist the thought police and protect our freedom of expression.

**The Leftists' Lexicon: 101 Words and Phrases You Need to Know to Understand the Thought Police, Social Justice Warriors, and Other Intellectual Totalitarians of the American Left** by Peter Bergeron

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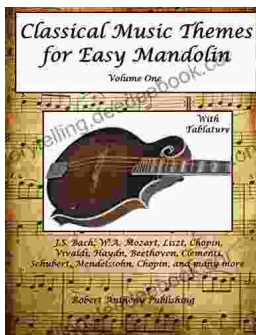| | |
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