Examining, understanding, and refining the use of language improves the quality of data in our work, but as contexts shift, we as researchers and clinicians may find it challenging to stay connected to what specific terms and identities connote across disciplines. Join us to learn and share insights, knowledge, and methods to keep our frameworks, surveys, papers, and communications, more current, accurate, applicable, and culturally competent — to say what we mean, mean what we say, and interrupt oppressive patterns we may be maintaining through our unconsciously biased language use.