

THE MANOSPHERE & ITS CONNECTION TO SEXUAL VIOLENCE

What is the Manosphere?

The Manosphere is a loose collection of international online platforms and blogs that amplify cultural narratives that women are fundamentally inferior to men. Within these

spaces, women are seen as illogical, selfish, materialistic, and scheming. Men within these spaces are presented as the primary victims of contemporary society (Over et al., 2025).



How is the Manosphere endangering young people?

1. Promotes misogyny.
2. Distorts healthy relationships where dating is seen as a game of dominance & being kind is weak.
3. Damages mental health by spreading shame, fear, & judgement leaving young boys and men more angry, isolated, and depressed.
4. Spreads misinformation that further distances boys & girls.
5. Encourages boys' violent behaviour toward their peers, especially girls & women.

Manosphere Key Terms

The language of the Manosphere plays a role in shaping polarised gender norms and relations, reinforcing negative stereotypes about women, while promoting the idea that men are morally superior, rational, and individualistic. This is a succinct list of terms that would be helpful for carers, parents, and youth workers to be able to identify misogynistic attitudes. The Manosphere is consistently evolving and terms are introduced, sometimes in response to new issues that emerge, or in an attempt to subvert social media moderation. Terms will continue to be introduced at a rapid rate due to the influence of online culture and this infographic may not cover new & emerging terms.

- **Alphas:** Seen as the dominant leader. Being confident, in control, and sexually successful is the key aspiration.
- **Betas:** Seen as weak, submissive, and lacking necessary traits necessary for 'real' masculinity.
- **Cuck:** Short for the term cuckold (a man whose wife is unfaithful) and commonly used as an insult. It is a tool used to spread covertly racist & misogynistic discourse to mask deeper racial and sexual anger.
- **Chad:** idealised as ultra-masculine, dominant, and sexually desirable men.
- **Stacy:** idealised as the hyper-feminine, attractive, but shallow women, both desired & resented.
- **Red pill:** Symbolizes awakening to the belief that men are subjugated by women and feminism, and that women's true nature (according to this view) is manipulative and driven by power dynamics.
- **Blue pill:** Representative of men who are ignorant. A blue-pilled man is seen as unaware or unwilling to accept the harsh truths of the red pill view and might continue believing in traditional notions of love, mutual respect, or equality between the sexes.
- **Black pill:** A sense of resignation, where men believe the societal system is rigged against them, and no amount of self-improvement or changing their approach will lead to success.
- **AWALT:** Stands for '**All Women Are Like That**', a stereotype that asserts that all women share negative traits like promiscuity, emotionality, and financial motivations (like being a gold digger).
- **Incel:** An incel (involuntary celibate) is someone, usually a man, who struggles to form romantic or sexual relationships and often harbours resentment toward women, sometimes expressing misogynistic views. The term is linked to online communities where members may blame women or society for their lack of success.

Examples of how the Manosphere contributes to Sexual Violence

- **Promotion of misogynistic beliefs**

- e.g. women are inherently inferior to men, female autonomy is a threat to male dominance, adherence to traditional gender roles and norms.

- **Encouragement of coercive sexual tactics**

- e.g. viewing consent as a hurdle rather than a requirement, teaching skills to manipulate and/or apply psychological pressure to have sex.

- **Radicalisation & real-world violence**

- e.g. Incels openly fantasize about or endorse rape & mass violence as revenge for sexual rejection.

- **Undermine feminist/protective frameworks**

- e.g. laws against perpetrators of sexual violence are seen as oppressive towards men. Misinformation is quickly spread surrounding consent laws & sexual violence statistics.

- **AI Generated Content**

- e.g. technologies using AI can be fed with misogynistic content, amplifying problematic content and further radicalising men, boys, & young people in general.



What can we do about it?

Talk about it: Do not let hate hide behind 'banter'

Ask Questions: Where did that idea come from? Is that a fair thing to say, assume, believe?

Speak up: If someone is promoting dangerous ideas or violence, challenge them or report (depending on your safety/comfort)

Get support: Therapy, friends, mentors, trusted adults, teachers, etc.

Prevention Programming: For schools or organisations that are experiencing issues with misogyny, please contact our centre and we can provide workshops that will fit your organisation & young peoples needs.



References

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