

# SAFEGUARDING UPDATE

January 2023



## INCEL CULTURE

### **What are people referring to when they talk about incel?**

Incel is a shortened version of involuntary celibate, the term involuntary celibate was seen as a person who “had not had sex for some time, despite trying”.

With the growth of the internet and the ability to use it as a forum to develop and promote extremist viewpoints, a strand of incel was seen to develop into a “rigid three-tier, immutable, social hierarchy exclusively based on physical appearance”.

At its most basic, the incel world view appears to be based on deep-rooted survival of the fittest ideals, namely that there are alpha males and females (known as Chads and Staceys) representing the top tier, with a majority of men in the middle tier (known as Normies) and then an exclusive minority group of males in the bottom tier who are the incels.

This world view suggests that women are not only genetically inferior to men but are solely driven by an inherent sexual desire to mate with males who they see as genetically superior to them. This naturally then leads to the view that those in the bottom tier (the incels) will automatically be excluded by any woman.

### **What are people referring to when they talk about incel?**

Literature around incels refers to them talking about taking the black pill. This builds on a concept seen in the 1999 film, The Matrix, where the lead character, Neo, is offered the choice between a red pill and a blue pill. He is told that if he takes the blue pill his world will not change and he can continue to live in a world of illusion constructed for his benefit, whilst if he takes the red pill he will awaken and see the society around him for what it actually is with all its harsh realities. For incels therefore, the taking of the red pill equates to understanding the truth of society, however it appears that this view is not limited to incels but is found within wider misogynistic groupings.

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## **The Manosphere**

Incel subculture is part of a wider online community known as the manosphere. Anti-hate organisation, ADL, describes the manosphere as an 'online morass of misogyny'. In addition to incel communities, the manosphere includes Pick Up Artists (PUAs), MGTOWs (Men Going Their Own Way) and Men's Rights Activists (MRAs). The male-dominated collection of groups that make up the manosphere are united by sexist beliefs that women and feminism are to blame for problems within society. There is a shared narrative that men are victims and that feminism has hijacked society and denied them their rightful, dominant position.

## **Misogynistic incels**

Stijelja (2021) highlights quantitative research undertaken into the online forums that are used by incels. This identifies that incels are exclusively male with the vast majority under the age of 30. The majority of members of the forums were from Europe or North America, but whilst there was a large group of white males (45% in one study), there was no dominant racial subgroup. The same research shows that the majority say that they had never had a sexual encounter. The groups also self-identified high levels of mental health issues, as well as experience of ostracisation from peers and others whilst growing up.

## Is this extremism and/or terrorism?

Brace (2021) suggests that “the incel ideology exhibits all the hallmarks of an extremist ideology”.

### Safeguarding and incel ideology

There are four areas where the groundwork in relation to responding to incel ideology can be addressed:

1. Prevent training – the prevent strategy has the stated aim of preventing people being drawn into terrorism. Incel ideologies would fall within this strategy, which has always not only covered Islamist and far right groups, but also areas such as animal rights extremism and incel groups.
2. Domestic abuse – a number of the views that are inherent in the incel ideology can be seen in incidents of domestic violence, for example association with male privilege and viewing females as property or lesser beings.
3. Peer-on-peer abuse – both victims and perpetrators of peer-on-peer abuse could be demonstrating potential to identify with the incel ideology later in life, either through the isolation and ostracisation that could come with being a victim of peer-on-peer abuse, or through the ideology having associations with current views that perpetrators may have.
4. Sexual violence and sexual harassment – those who are following the incel ideology set out above have every set and misogynistic views in relation to women and their role in society. For some this may therefore play out in inappropriate sexual behaviour which must be consistently responded to.

### Wider reading:

- **'Hope not Hate' report**
- **Men who hate women – The extremism nobody is talking about – Laura Bates**

## Key terminology to be aware of:

There are slang words which are associated with incel ideology (adapted from Incels: A Guide to Symbols and Terminology, 2020):

Ascend	Leave the bounds of incelism and have sex with a woman (without payment being given).
AWALT	Acronym for "All Women Are Like That".
Black pill	Dating success is driven by physical attractiveness and determines at birth. Those who are inferior will therefore not be able to access sexual and romantic relationships.
Blue pill	Those who have not taken the red pill and live on unaware of the real state of affairs.
Chad	An attractive, successful man desired by all women (also known as alpha male).
Cuck	An average man who has not yet taken the red pill and is inferior to the alpha male but happy to continue living in a society that oppresses them.
Femoid/foid	Short for 'female humanoid', mostly used by incels as a way of dehumanising women.
Gymmaxxing	Going to the gym to improve appearance to be able to access sex.
Landwhale	Overweight woman.
Normie	A person who is not part of the incel community.
Red pill	Learning about and understanding the truth about male oppression.
Roastie	Sexually attractive woman.

## KEY REMINDERS

- Lanyards must be worn at all times.
- Please ensure you sign in and out of school at all times.
- Do not let visitors follow you into reception behind you as you walk in
- Please lock your computer screen when you walk away from your device

## SAFEGUARDING TEAM

Designated Safeguarding Lead (DSL): Andy Turner

Deputy DSL (DDSL): Rosa Flanagan





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