

INCELS

Incel stands for *involuntary celibate*. The incel ideology can be complex, with many different subcultures, but it is generally a group of men who feel they are forced to be celibate due to women denying them sex that they feel is owed to them.

What is an Incel?

"A member of an online community of young men (average age 18-30) who consider themselves unable to attract women sexually, typically associated with views that are hostile towards women and men who are sexually active."

- There have been at least 8 mass violence attacks attributed to incels or individuals expressing 'incel-like' views. This includes the shooting in August 2021 when 22-year-old Jake Davison killed five people in Plymouth. He had previously expressed misogynistic views online against his own mother and about not having a girlfriend.
- Young boys who feel isolated, rejected and ostracized are particularly vulnerable. They may feel they are not part of 'normal' society and the incel community offers a place to be accepted.
- Incel groups online frequently use memes, slang, and jokes that will appeal to younger audiences, as well as creating an 'us' against 'them' sense of community.

Incel Terminology

There is a lot of terminology, including acronyms, associated with the incel community. Here's a few of the most common terms:

Alpha – a confident man who tends to be a leader within social groups, work, and/or with women.

Beta – a submissive, weak man and the opposite of an alpha.

Chad – an attractive man who is sexually successful with women.

Stacy – a sexually desirable women.

Red Pill – a reference to the film The Matrix. This describes 'waking up' to a 'reality', usually revolving around the world being stacked against them because women are in charge or because only attractive men can get ahead.

Black Pill – this refers to accepting the belief that women choose sexual partners solely on predetermined genetic features (their looks) and that there's nothing a man can do to change this.

Are you concerned about someone you know?

Speak to Cathy or a deputy DSL. Concerns out of school should be reported to Prevent.

Find out more

BBC iplayer – Inside the world of Incels

How can our curriculum help?

Engage in conversations about healthy relationships and treating girls and women respectfully
Online Safety Curriculum
Protective Behaviours