

# Glossary

for teachers  
& parents

## Topic:

General terms



**ICK**  
(noun)

used to describe an attribute or behaviour someone does which makes them suddenly attractive.  
*"such an ick" "new ick unlocked"*

**RED FLAG**  
(noun)

a warning sign during a relationship, or during the beginnings of a relationship, that the person in question isn't right for the other or is problematic.  
*"She was still friends with her ex which I thought was a red flag"*

**ZESTY**  
(adj.)

used in a negative way towards people expressing themselves with bright colours or in an untraditionally masculine way. Often has homophobic connotations.

**RIZZ**  
(noun)

used to describe someone who is good at flirting. (Shortened from 'charisma').  
*"The guy got rizz"*

**BIG DICK ENERGY**  
or **BDE**  
(phrase)

used to describe someone with the 'swagger' or confidence of having a big penis.

**NEGGING**  
(verb)

the practice of giving a backhanded compliments and generally making comments that express indifference toward another person (usually a woman) in an attempt to seduce that person.

**GYATT**  
(phrase)

a person, usually a woman, with a large bum and sometimes an hourglass figure. (originally a term from African-American Vernacular English used in exclamation).  
*"Did you see the models in that video? GYATT!"*

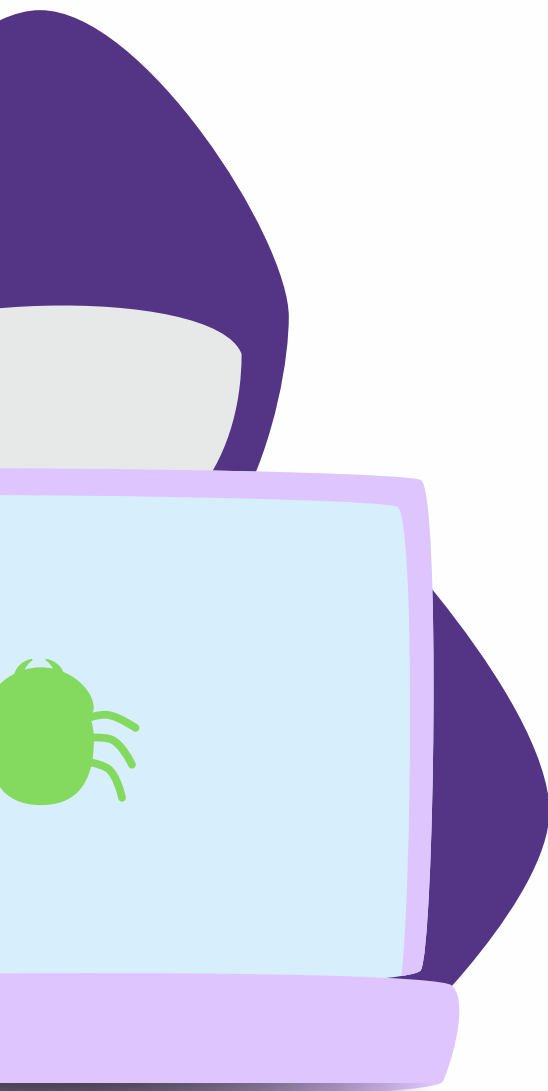


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**Topic:**

Manosphere  
& Incel Culture



**INCEL**  
(noun)

short for 'involuntary celibate'. A member of an online community of young men who consider themselves unable to attract women sexually, typically associated with views that are hostile towards women and men who are sexually active.

**MANOSPHERE**  
(noun)

the name given to websites, blogs, and online forums purportedly dedicated to supporting men in areas such as relationships, health and fitness, mental health, and legal issues. These platforms often have a darker side, serving as spaces for radicalisation.

**THE MATRIX**  
(noun)

inspired by the 1999 film, The Matrix represents the incels' worldview, which posits that a powerful, woke elite is actively working to undermine men and masculinity. When former kickboxer and influencer Andrew Tate was arrested, he tweeted, 'The Matrix sent their agents.'

**ELLIOT RODGER**  
or 'ER'  
(noun/verb)

Elliot Rodger killed seven people and injured fourteen in Isla Vista, California. He left behind YouTube videos and a detailed manifesto that explicitly advocated for violence against women and their systematic extermination. On some incel forums, he is referred to as a martyr and hero (or "hERo," emphasising his initials to indicate Elliot Rodger).

Rodger's name or the abbreviation 'ER' is often used as a verb to signify 'mass killing.' "I'm so angry, I wanna go full ER"

**MEN'S RIGHTS ACTIVISTS (MRA)**  
(noun)

individuals or groups who advocate for what they perceive as men's rights and issues, often in response to perceived discrimination or marginalisation of men in society. While some MRAs aim to address genuine inequalities faced by men, others are criticised for promoting misogynistic or anti-feminist viewpoints. MRAs are different from Incels in the sense that they don't define themselves by the status of their sex life or intimate relations with women. MRA rhetoric focuses much less on sex, instead criticising gender equality, women's rights, and women's status in society more broadly. MRA communities believe men are disadvantaged by feminism.



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## CHADS (noun)

men who can easily secure romantic and sexual relationships with women due to their physical attractiveness, wealth, and social status. Incels resent chads.

## STACYS (noun)

exceptionally attractive women who possess significant sexual power due to their looks. Similar to Chads, Stacys are highly resented by incels.

## BECKYS (noun)

Beckys are considered less attractive than Stacys, but still unattainable for incels.

## ALPHAS (noun)

similar to Chads, Alphas are men that are considered sexually "successful" and traditionally handsome, and are generally characterised as confident, assertive and dominant.

## BETAS (noun)

Betas are more average 'normies' who can achieve sex but will never be able to prevent a Stacy from sleeping with a Chad.

## OMEGAS (noun)

men who are perceived to be at the lowest tier of the social and sexual hierarchy. They are often characterised as socially inept, unattractive, and unsuccessful in romantic and sexual pursuits. Omegas are typically viewed with pity or disdain by other groups within the manosphere, such as alphas and betas.



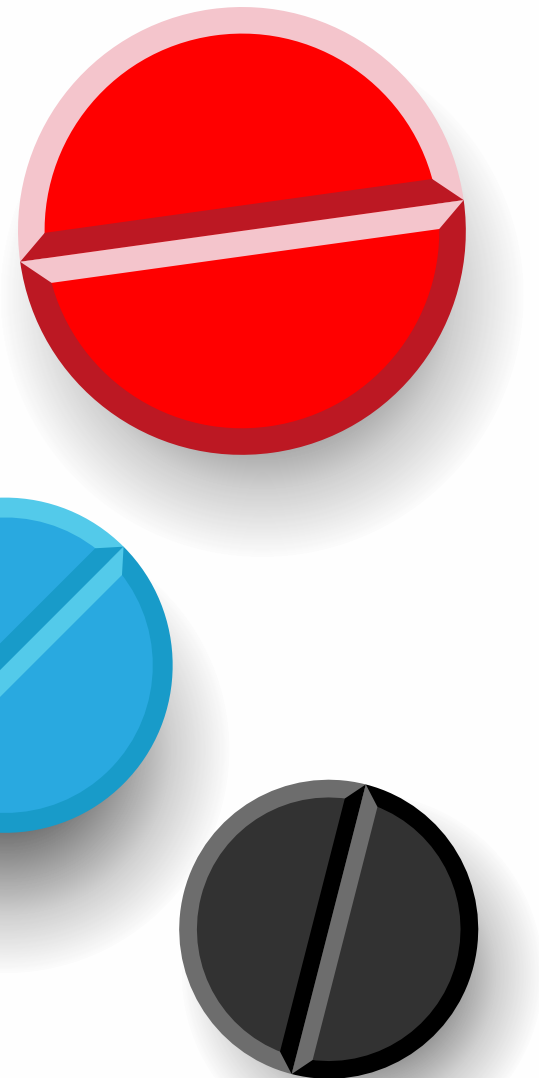
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**PILLING**  
(verb)

online forums, chat rooms, and websites associated with Incels are filled with references to differently coloured pills, each symbolising various levels of exposure to or acceptance of what these groups perceive as reality. These metaphorical pills draw inspiration from the 1999 film *The Matrix* where the protagonist is offered a choice between a blue pill or a red pill, with the latter revealing the true nature of the world. Similarly, members of these online communities describe being "redpilled" as recognising and embracing their worldview. This language of "pilling" is also observed in right-wing extremist groups, highlighting the interconnectedness of these ideologies.

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**THE RED PILL**  
(noun)

a man who takes the red pill is suddenly aware of the belief that there exists a societal construct where women are seeking to destroy men.

**RED PILLERS**  
(noun)

'Red pillers' believe that by enhancing their attractiveness, wealth, and power, they can regain control and assert dominance over women.

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**THE BLUE PILL**  
(noun)

The blue pill sits opposite to the red pill. If you are bluepilled, you are considered to be ignorant of how the world really is. In other words, you don't abide by the worldview put forth by those that consider themselves redpilled.

**BLUE PILLERS**  
(nounc)

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**THE BLACK PILL**  
(noun)

The black pill is not as common across all components of the "manosphere" as the red pill is. Most notably, it is used by Incels to refer to hopelessness – that there is no way out of being an Incel. Black pill communities online often focus on mass shootings and suicide.

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**THE RAPE PILL**  
(noun)

This term is employed solely within a faction of the Incel community known as "rapecels." These advocate for the belief that male dominance should dictate all aspects of male-female sexual interactions, seeing female consent as irrelevant and unnecessary.



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## **FOID** (noun)

short for 'female humanoids' or 'female humanoid organism'. All of these terms are intended to dehumanise and belittle women not only as lesser than men, but as less than human.

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## **AWALT** (phrase)

an abbreviation for "All women are like that", used to generalise and stereotype women.

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## **HYPERGAMY** (noun)

derived from animal biology and misapplied to women, hypergamy refers to the notion of "mating upwards". Certain incels adhere to the belief that women are inherently hypergamous, meaning they will consistently pursue relationships with men of higher social status than themselves, or those superior to their current partners.

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## **BRANCH SWINGING** or **VINE SWINGING** (verb)

related to hypergamy is the concept of "branch-swinging" or "vine-swinging," which depicts women as constantly seeking out superior partners and transitioning from one relationship to another for opportunistic gains.

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## **GYNOCENTRISM** (noun)

a societal structure emphasising feminine interests or viewpoints. Men's Rights Activists (MRAs) assert that society is gynocentric, favouring women over men, leading to female privilege being seen as reality while male privilege is dismissed as a myth perpetuated by media and feminists.

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