

# Incel Culture

## PARENT GUIDE



The recent Netflix drama **Adolescence** has highlighted the troubling rise of incel (involuntary celibate) communities and their influence on young people. As a parent, it is important to understand this online subculture, recognise warning signs, and engage in open conversations with your child. This guide explains incel ideology, key terms, signs to look out for, and conversation starters to help you support your child. You can find further support on our website.

### What is an incel?



The term **incel** stands for 'involuntary celibate' and refers to men who believe they are unable to form romantic or sexual relationships despite wanting to. Some incel communities foster resentment towards women, blaming them for their perceived misfortune. These forums (often online) can promote misogyny, victimhood, and, in extreme cases, radicalisation.

### Key Incel Terminology

**Red Pill** – From The Matrix, refers to 'waking up' to the 'truth' of gender dynamics, as incels perceive them.

**Chad** – An attractive, successful man who is desirable to all women.

**Stacy** – An attractive woman who is seen as prioritising men like Chad.

**Becky** – An average woman, often contrasted with a Stacy.

**Femoid/Foid** – A dehumanising term, implying women are inferior.

**Black Pill** – Belief that nothing changes with self improvement or effort.

**80/20 Rule** – A theory suggesting that 80% of women are attracted to 20% of men, fuels resentment.

**Andrew Tate** – A key promoter of incel ideology.

### Signs to Look Out For:

- Low self-esteem
- Use of incel language
- Hostility towards women
- Isolation and secrecy
- Increased frustration & anger



### Conversation Starters:

- What do you think makes a healthy relationship?
- Do you think it's fair to blame one group of people for personal difficulties?
- How do you decide whether something you read online is trustworthy?