



THEME OF THE MONTH  
AUGUST 2022

INCEL:  
WHAT IS IT?



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# WHAT IS AN INCEL?

The term “incel” is a portmanteau derived from the phrase “involuntary celibate”. Self-identified incels believe that they are excluded from fulfilling their desire to have sex, date or establish relationships with women, usually because of their physical appearance.

Incels believe in a genetically essentialist social hierarchy. At the apex are “chads” – hyper-athletic attractive males who women desire instinctively. Beneath them are descending classes of “betas”. At the lowermost point are incels, whose innate characteristics make them unable to attract women. Height-cels say they are too short; skull and frame-cels blame their skeletal structure; wrist-cels believe their wrists are too thin; and there are many more delineations. Incels cannot accept responsibility for their lot in life, instead spinning themselves as victims of their own biology and societal oppression.



## WHAT DO INCELS BELIEVE?

Self-described incels see themselves as victims wronged by women, who they accuse of denying them sexual intercourse, and as lacking influence in the dating market. The most extreme incels support rape and other modes of violence against women.

The community grew out of the pickup artist (PUA) movement, which advocates manipulative strategies to pick up women.

Incels also share ideological similarities with the Men’s Rights Movement, a group of men who believe feminism and other social justice movements have led to the oppression of men, although incels focus solely on sex.

The incel ideology is rooted in the belief that women have too much power in the sexual/romantic sphere and ruin incels’ lives by rejecting them.

Incels are the most violent sector of the manosphere, and have perpetrated a range of deadly attacks against women.

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# INCEL VIOLENCE AND PLOTS (UK)

## August 2021 – Jake Davison, Plymouth, UK

On August 12, 2021, Jake Davison, a 22-year-old from Plymouth, UK, allegedly shot and killed five people, including his mother and a three-year-old girl, before killing himself. The Plymouth rampage was England's deadliest shooting attack since 2010. Davison posted multiple videos to YouTube, referring to himself as a virgin, nihilist "blackpiller" who had nothing left to lose, bemoaning his lack of romantic success and deriding women as "simple minded" and shallow. Many of his comments echoed incel ideology, including his belief that women's primary purpose is to provide men with sex, and that women are not capable of making decisions about their own sexuality.

## 2021 – Unnamed, Birmingham, UK

In the first half of 2021, an unnamed 16-year-old boy was convicted of three terror related offences including possessing a gun and bomb instructions. The boy is reported to have been fascinated with terrorism, violence and incels. He had also posted online that "all women deserve to die."

## November 2019 – Oliver Bel, Wilmslow, Cheshire, UK

Oliver Bel was arrested after posting that he wanted to "go on a killing spree" which led police to find a copy of the bombmaking manual, the Anarchist's Cookbook after searching his home. He also said he wanted to "go ER" a reference to Elliot Rodger's infamous incel attack. In April 2021 he was convicted of collecting information useful to a person committing or preparing an act of terrorism and sentenced to two years in prison.

## August 31, 2019 – Anwar Driouich, Middlesbrough, UK

On August 31, 2019, Anwar Driouich was arrested for terror related offenses. Driouich possessed 10kg of ammonium nitrate, weapons including knives and a crossbow, and seven terrorist manuals. He was reportedly frustrated by his inability to form a relationship with a woman. The day before his arrest he visited a popular incel forum and viewed a post about emulating Elliot Rodger's lethal attack. On March 27, 2020, Driouich pleaded guilty to possession of explosives and terrorist materials and was sentenced to 20 months in prison.

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# INCEL TERMS

**Ascend** (also known as “Deincelification” or “Deincelization”): A verb used to describe an incel having sex or forming a romantic connection. This term has an existential connotation, as it refers to incels rising above their former community and overcoming the traits that held them back from sex and/or love. (One important caveat to “ascension” is that the sex cannot be with an escort; this is referred to as “escortcel”).

**Blackpill**: A nihilistic worldview adopted by the incel community. A “Blackpilled” male believes that no matter what he does to improve himself, he will never find a romantic and/or sexual partner and is doomed to a life of unhappiness and rejection.

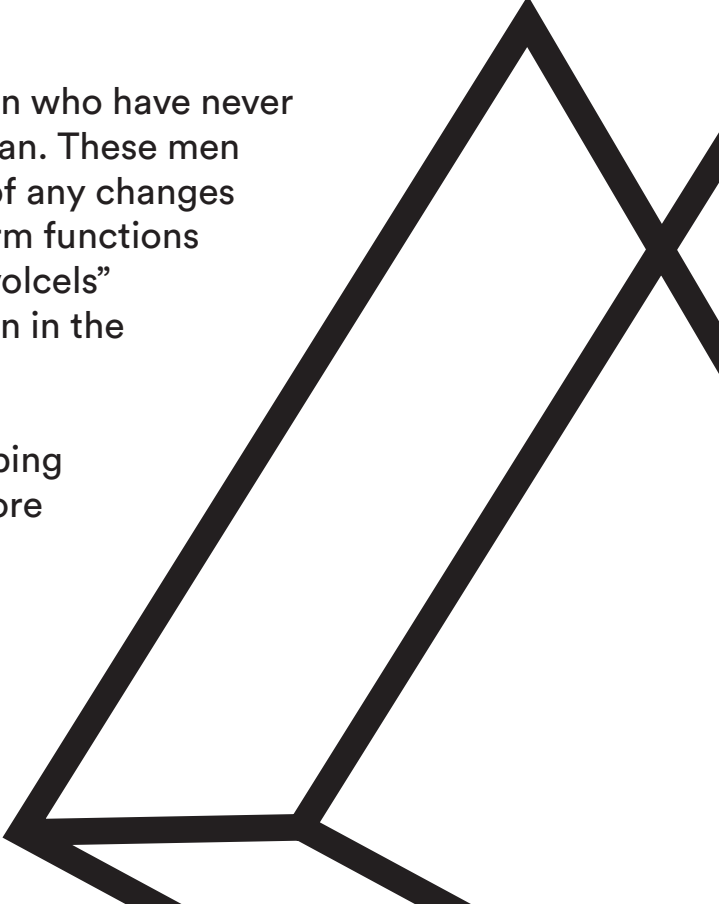
**Chad**: A term referring to the archetypal “anti-incel:” a white, straight male with Aryan features and other “desirable” physical traits. Chads are simultaneously despised and revered by incels, who believe that all women inherently desire these men.

**Stacy**: Stacys are the (similarly archetypal) counterparts to Chads. They are described as beautiful, promiscuous women who can entice any man they choose, but are only interested in Chads. This term is used to stereotype and dehumanize women.

**Femcel**: A woman who identifies with inceldom. However, most male incels reject the idea that women can be incels, and these women are generally rejected by the larger incel community.

**Truecel**: A moniker used for “true incels,” or men who have never had any sexual or romantic contact with a woman. These men believe they will always be an incel regardless of any changes they implement to improve themselves. This term functions as the opposite of “fakecels” (fake incels) and “volcels” (voluntary celibates), who are looked down upon in the incel community.

**Volcel** (also known as “Fakecel”): A term describing a person who is voluntarily celibate, and therefore does not fulfill the criteria of inceldom. Incels believe that these people could have sex if they wanted to, whereas “truecels” have no hope for finding sexual partners. “Volcels” are viewed as frauds and are not accepted by the incel community.





## WHERE ARE INCEL COMMUNITIES?

Incels most commonly congregate on social media platforms and message boards like 4chan. Misogyny and racism often run rampant within these communities, which shouldn't come as a surprise to anyone familiar with 4chan. The website's archive-less “/b/” message board is notorious for being the go-to place for the absolute worst of the internet.

## INCELS ARE RADICALISED ONLINE

The rise of the incel community is another example of the increasing frequency of online radicalisation in the digital age.

Tracking incel activity comes with all of the same challenges as monitoring and investigating any radical ideology or criminal element on the web – the vastness of the internet and the impermanence of content posted on sites like 4chan makes it hard to prevent attacks or differentiate real violence from fantasy.



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# RECOGNISING INCEL SLANG

Slang is a big part of how incels communicate online. A “Chad” is a man who is deemed to be sexually successful. He is smart, handsome and charming.

Incels are often caught between detesting these men yet also wishing that they could be them.

Incel slang is finding its way into common language, owing to social media and the prominence of memes. This means that we are being exposed to this kind of language and rhetoric, and may take it on board without really thinking about it. Alternatively - and more worryingly - some people may be drawn into the incel mindset.

Here are some words to keep an eye out for:

- **AWALT:** An acronym for “all women are like that”. This is used to demean women and generalise them in a negative way.
- **Beta:** A man who is not an “alpha” (Chads). They are deemed as weak and afraid of confrontation.
- **Femoid or Foid:** Term used to describe women. It’s used to refer to women as sub-human and thus to dehumanise them.
- **Normie:** Used to describe anyone who is relatively neurotypical, of average intelligence and looks.

## WHEN WOMEN ARE THE ENEMY

There have been offshoot groups of incels who have defined themselves as wanting nothing to do with women. MGTOW - “men going their own way” - is one such group. They complain about women, claim women lie about sexual assault, and don’t want women to have any involvement in their lives. The danger of these groups is that they operate predominantly in the shadows, allowing their hate to spread. As their slang enters the mainstream, it normalises their rhetoric.

Owing to lockdown, young people have been spending more time online, often in isolation. Incel groups have been targeting young boys in order to groom them. Memes, jokes and videos are all used to try and persuade young boys that women are the enemy.

# WORKPLACE VIOLENCE

The current emphasis on efforts to address gender equality and eliminate sexual harassment in the workplace runs counter to the incel belief that women are inherently inferior to men. The message of the #MeToo movement has further stoked feelings of aggrieved entitlement by some, who feel they are being denied the right to the affection and sex they deserve and blame women, rather than themselves, for their personal and professional failures.

While no workplace is immune from violence, there are some environments where there is greater exposure to the various types of violence, and some in which incel-related violence may be more likely.

Regardless of whether the perpetrator of workplace violence is a disgruntled or disturbed employee, an angry customer or client, or someone motivated by an extremist ideology, employers must be aware of the risks and recognise the warning signs of someone on the pathway to violence. Just as it is important for employers to know the general preincident indicators of workplace violence and terrorism, it is important to be familiar with the specific behaviours and communications associated with incels.

## LSP'S SAFEGUARDING AND PREVENT TEAM

If you have any concerns at all, please don't hesitate to contact a member of our Safeguarding and Prevent team:

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# MORE INFORMATION

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