

Leeds Prevent

Resources: Misogyny, Manosphere and Incel

[Updated April 2025]

[**Disclaimer:** Please review content on the listed websites and resources below before using to ensure it is appropriate for the young people intended. We do not endorse or promote the content below]

Resources/lesson plans primary School

Schools can access the child-on-child mapping tools produce by the Health and Wellbeing Service. The aim of this guide is to help schools/settings tackle this issue through a whole school approach. It highlights latest guidance, identifies lessons from the Health and Wellbeing Service schemes of work and MindMate lessons, as well as the elements of the School Health Check that relate to this issue.

[Primary Child on Child Abuse Mapping and Support Tool | School Wellbeing](#)

These materials will give you everything you need to plan, sequence and teach this statutory RSHE content within a PSHE education program tailored to your pupils' needs - [Consent lesson pack \(pshe-association.org.uk\)](#)

These lessons support young people to recognise and develop positive, healthy relationships. And prepare them for the physical and emotional changes that take place as they grow, including those that happen during puberty. ['Changing and growing up' Relationships Education lesson pack \(pshe-association.org.uk\)](#)

[PANTS resources for schools and teachers | NSPCC Learning](#) Download a free classroom resource for PANTS (The Underwear Rule) including a lesson plan, slide presentation, curriculum links, classroom activities and more.

Let Toys Be Toys is a campaign asking the toy and publishing industries to stop limiting children's interests by promoting some toys and books as only suitable for girls, and others only for boys. Below are lesson plans for Primary schools:

- [Lesson plan for primary schools, ages 7-9 years - Let Toys Be Toys](#) Lesson plan on challenging gender stereotypes for Years 3 & 4/ Lower KS2/Curriculum for Excellence 1st level
- [Lesson plan for primary schools, ages 9-11 years - Let Toys Be Toys](#) Lessons in how to compare adverts and identify the role of gender in advertising and the impacts of stereotyping

[Being With Me | A New Direction](#) Being With Me is a KS2 Primary classroom resource for the PSHE curriculum, developed in partnership with the [School of Sexuality Education](#). Through class discussion and creative writing, pupils will explore the notion of **permission** and **consent** and what it means for them.

Resources/lesson plans secondary school

Schools can access the child-on-child mapping tools produce by the Health and Wellbeing Service. The aim of this guide is to help schools/settings tackle this issue through a whole school approach. It highlights latest guidance, identifies lessons from the Health and Wellbeing Service schemes of work and MindMate lessons, as well as the elements of the School Health Check that relate to this issue.

[Secondary Child on Child Abuse Mapping and Support Tool | School Wellbeing](#)

[Teaching about consent \(pshe-association.org.uk\)](#) These materials will give you everything you need to plan, sequence and teach this statutory RSHE content within a PSHE education programme tailored to your pupils' needs.

[Relationships and Sex Education \(RSE\) KS3-4 lesson pack \(pshe-association.org.uk\)](#)

Covering topics from healthy relationships, puberty and consent to contraception, pornography and breaking up, these lessons will help you teach some of the most complex RSE topics safely and effectively, in an inclusive and differentiated way.

[BBFC: Making Choices: Sex, Relationships and BBFC Age ratings \(pshe-association.org.uk\)](#)

These lessons promote risk assessment, decision making, self-regulation, resilience and media literacy. Young people will have the opportunity to discuss relevant scenarios, rehearse the skills of decision making and managing peer influence, and understand how age ratings can influence safer choices around the media they consume.

[Lesson Plans — Bold Voices](#) Bold Voices have a collection of resources and activities around how to start a conversation about gender inequality and gender-based violence in the classroom.

[Lesson Plans | Childnet](#) A series of lessons and quick activities designed to address online sexual harassment with young people aged 13-17 years. The resources are accompanied by a comprehensive Teaching Guide, including a student debriefing sheet, information on how the law applies to online sexual harassment and a glossary.

[Green Spring PSHE Sessions - Educate Against Hate](#) Slide packs developed by Green Spring Academy covering topics that range from staying safe online, cults and how cults recruit, peer pressure, unhealthy relationships, and respecting others. The package is made up of 17 sessions.

Other Resources

The PSHE Association also have a range of resources that include addressing misogyny, toxic masculinity, social media influence, relationships, consent

- [Addressing misogyny, toxic masculinity and social media influence in PSHE education \(pshe-association.org.uk\)](#)

[Outside the Box: Promoting Gender Equality & Tackling Sexual Harassment in Schools - EqualITeach](#) Outside the Box is a resource for those working with young people from Early Years through to Key Stage 5, supporting them to promote gender equality throughout their settings and tackle sexism and sexual harassment. The resource provides advice and techniques for educators, as well as practical lesson plans and activities.

[School resource hub – UK Feminista](#) Here you can find staff training films, guidance on taking a whole-school approach and resources for schools, including template strategies, policies and classroom activities aimed at tackling sexism and stereotypes.

[Guidance and resources for teachers and school staff | ENOUGH](#) Enough is a campaign by the Home Office which aims to highlight different forms of violence against women and girls. The website provides information on the steps people can take to safely challenge violence against women and girls, guidance for victims of these crimes and advice for perpetrators who recognise their behavior needs to change.

[Supporting girls impacted by misogyny online | Internet Matters](#) A father's story about his daughter's experience with misogyny online.

[Breaking down gender stereotypes online | The Online Together Project \(internetmatters.org\)](#) Internet matters have created a short quiz to help children recognise how gender stereotypes can impact them in online spaces and encourage them to respect and celebrate differences. Ages: under 11s, 11-13 and 14+

[Engaging Men and Boys Toolkit - Durham University](#) This toolkit has been created based on a piece of research for the UK Government Equalities Office. It is designed to be used by anyone interested in learning more about how to engage effectively with men and boys about issues connected to masculinity and gendered social norms.

[Free Teacher Resources for SMSC, British Values & Prevent \(votesforschools.com\)](#) Here you can download free resources on:

Boundaries & consent with young people demanding to [learn more about important but sensitive topics](#) in schools, these lessons explore setting boundaries (aged 5-11) and consent (aged 11-18).

[Addressing misogyny & knife crime in the classroom](#) - *Adolescence* tackles pressing issues that have impacted schools and young people nationwide, including misogyny, incel culture, knife crime, and the challenges of the online world. VotesforSchools have pulled together a series of lessons to support you in addressing these topics in the classroom.

[Promoting healthy relationships in schools | NSPCC Learning](#) NSPCC have put together some information to help you promote healthy relationships to children of different ages.

[Gender identity | NSPCC](#) Information from the NSPCC on gender identity, and how to support a child who may be exploring their gender identity.

[Teaching about Misogyny & Incel Culture in Schools Votesforschools](#) Votes for schools have an article that talks about the rise of misogyny and incel culture online, and how you can address all of these issues in the classroom, offering some tips on how to do it. **FOR KS3 & KS4**

[Toolkit \(squarespace.com\)](#) Provides lesson plans for teachers around discussing misogyny.

[Radicalisation, Incels, Prevent Lesson PSHE / Citizenship | Teaching Resources \(tes.com\)](#) Full lesson resource covering radicalisation of incels including information on the meaning of misogyny, radicalisation and incels, how vulnerability can lead to radicalisation into incel culture, the impact of incel culture and how to keep ourselves safe and what to do if we need help. (small cost to download) Age range: 14-16

[A Review of Harmful Content Online - Ineqe Safeguarding Group](#) A review of harmful content online addressing the challenges around the presence of popular online personalities or influencers exhibiting behaviours that can have a negative influence on young people focusing on why young people are interested in this behaviour, how young people are exposed to this behaviour, and potential risks, includes information and advice.

Articles and research

[The 'Manosphere' - ISD \(isdglobal.org\)](#) The Institute for Strategic Dialogue (ISD) is an independent, non-profit organisation dedicated to safeguarding human rights and reversing the rising tide of polarisation, extremism and disinformation worldwide. Not suitable for sharing directly with students, although relevant content could be lifted out. Provides information about the manosphere and the links to extremism, including information about Incels and views of women.

[The Manosphere, Rewired: Understanding Masculinities Online | Equimundo](#) - This report presents findings from a six-month deep dive into the lives of young men online, primarily focused on the platforms and spaces used by young men in the United States.

[Netflix's Adolescence: Young people, the Manosphere, and the non-discriminating influence of violent misogyny – ConnectFutures](#) - Adolescence has been the #1 trending show on Netflix UK. It offers a harrowing insight into the violent realities of young people's lives, relationships, and emotions today. Connect Futures have put together an article discussing this topic and have also included some fantastic resources to help your establishments tackle misogyny, and toxic masculinity.

[Misogyny, red pills and extreme figures: how to approach the online space with young people in 2023 - ConnectFutures](#) An article describing information on the internet and how misogyny can be fostered there.

[Challenging masculinity and the manosphere - Brook](#) – Article and helpful advice to support with masculinity in the manosphere. Also has some useful short videos that may be useful for students.

[The National Grid for Learning - Incel training \(lgfl.net\)](#) In September 2021, The national grid for learning ran a live Q&A for safeguarding leads to find out what we need to know about the extremist misogynistic group called Incels.

[What is Incel Culture? | Guidance & Advice for Schools \(highspeedtraining.co.uk\)](#) In this article, you will look at what incel culture is, why schools should be aware of the rise in incel culture and provide guidance on how to spot the signs alongside tackling the risks.

[Responding to the incel ideology – Safeguarding Network](#) The safeguarding network have an article on how to respond to Incels. They aim is to provide you with a broader understanding of a specific topic through a researched and referenced article that contributes towards your professional development and ensures that you can support your staff accordingly.

[The Men Reframing Masculinity: Here Are Our Male Role Models On International Men's Day | Grazia \(graziadaily.co.uk\)](#) A list of male public figures Dwayne Johnson, Tom Daley, and Marcus Rashford. Instead of giving the list to their pupils directly, teachers could think about who would appeal to their young men the most and extract useful information.

Documentaries/Videos

[Watch The Secret World of Incels: UNTOLD | Stream free on Channel 4](#) - Filmmaker Ben Zand investigates the dark world of incels. He uncovers shockingly violent content being shared online and meets a British man who has never had a conversation with a woman in real life.

[Radicalised: Are Femcels The New Incels? | Channel 4 Documentaries](#) - Journalist Ellie Flynn goes deep into the darkest corners of the internet to investigate this hidden world, asking whether femcels really could be a new incel movement - or whether it's far more complicated than that. A growing movement of women who identify as 'femcels', online communities dedicated to the kind of hateful, violent ideology we have grown to expect in incel forums - but this time, targeted towards men.

[I'm Not A Woman But I'll Take The Benefits | Transmaxxer Life Uncovered | Channel 4 Documentaries - YouTube](#) - Is being a woman just 'better'? Ben Zand meets Sammy, who is becoming a woman for the perceived perks it brings to life.

[The Truth About Looksmaxxing: The World Of Perfect Looks | UNTOLD | Channel 4 Documentaries](#) - Reporter Ben Zand secures never-before-seen access to the world of 'looksmaxxing': when young men go to extremes to improve their appearance, a trend firmly rooted in the dogma of incels.

[Ben Hurst: Boys won't be boys. Boys will be what we teach them to be | Ben Hurst | TEDxLondonWomen | TED Talk](#) TED talk, 'A Call to Men', Ben references the workshops he conducts with boys and young men to illustrate the pressure the patriarchy places on men to repress their feelings and embrace hyper-sexualisation and violence.

[Sound it out: Men need safe spaces to talk | Episode 2](#) - St Joseph's Boxing Gym, Newport, use their space to have open conversations with each other about their relationships.

[Britain's Anti-Feminist Men | Reggie Yates Extreme | Real Stories](#) - Reggie meets the angry young men who think feminism has gone too far - and some of the women who have felt their wrath on an internet tailor-made for anti-feminism and trolls. He meets young guys espousing men's rights at Speakers' Corner in Hyde Park and the underground movement of male separatists of MGTOW (or Men Going Their Own Way). Reggie also encounters infamous self-styled pick-up artist Roosh V, who dishes out advice on how to have more sex with women - but doesn't seem to like them very much.

[BBC Three - The Plymouth Shootings](#) - On 12 August 2021, a 22-year-old Jake Davison shot and killed five people in a quiet cul-de-sac in Plymouth before turning the gun on himself. It was the worst mass shooting on British soil in over a decade and the first of the digital age. The documentary explores Davison's connection to the incel movement, a deeply misogynistic ideology that is growing at an alarming rate and has been linked to violent extremism.

If you have concern about a young person in your care and need to make a referral or discuss your concern further, please contact the Leeds Prevent Team on:

Email: prevent@leeds.gov.uk

Telephone: 0113 5350810

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