SECURING RIGHTS, SHAPING THE FUTURE

MISOGYNY AND THE MANOSPHERE

CAPSULE FOUR | **SECTION 2** | **OCTOBER 12TH - OCTOBER 25TH 2026**

OVERVIEW

The second area of focus in the fourth capsule is misogyny and the Manosphere. Misogyny is the framework of the patriarchy, while the Manosphere perpetuates the most extreme misogynistic views. Both misogyny and the Manosphere promote violence against women and spread harmful rhetoric. Misogyny is present in everyday life and has infiltrated topics such as abortion, contraceptive care, equality, and mental health resources.

WHAT IS MISOGYNY?

Misogyny is the hatred and deep-rooted prejudice against women and girls, viewing women as 2nd class citizens. Misogynistic propaganda has continued to grow as social media normalizes extremist views. As misogyny can sometimes have a violent nature, it often goes together with rape culture.

WHAT IS THE MANOSPHERE?

The Manosphere is a collection of online communities that claims to address men's struggles and explicitly blames the feminist movement for creating their problems. The Manosphere is giving harmful advice and shapes destructive behaviors. The Manosphere paints a picture of a grievance-based worldview and says that gender equality has come at the cost of men's rights.

The Manosphere provides a false sense of confidence that encourages men to believe that they control women and are allowed to dominate them. This spreading of misinformation harms gender roles everywhere. The Manosphere has its own set of terms to feed into stereotypes -- such as "incels," men who are unsuccessful in relationships and blame women. Similarly, "red pill" describes a situation when men say they suddenly wake up in a reality where the world favors women.

Everything that the Manosphere preaches is false. The rhetoric they endorse is pure hatred of women and pushes back gender equality progress by decades. NOW understands that the Manosphere has no place in a feminist society.

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FOUNDATIONS

Misogyny has been around for centuries and has always created damage in its wake. Specifically, NOW fights against extreme misogynistic propaganda that online forums and the current political climate promote. The rise of the Manosphere since the early 2000s has added an extra layer to the battle. NOW has and will continue to fight against misogyny in all its forms.

ACHIEVEMENTS

In 2025, NOW launched the *Disrupt NOW* campaign combatting misogyny. This campaign series was in partnership with Yale University and aimed to bring awareness to the ways misogyny affects daily life. Speaking in town halls across the country allowed NOW to also highlight different courses of action that can be taken such as; empowerment of new leaders, education, and discussion of policy reform. Getting people active in their communities is the best way to combat injustice.

LEGISLATION

Misogyny in the current political and social climate can be seen in a variety of ways, from the gender pay gap to defunding of essential women's healthcare facilities. The 1st and 2nd Trump Administration continues to ignore these issues and even invites Manosphere content creators to the White House. NOW calls on elected officials to cultivate a culture of equity and equality in their offices, agencies, and policy efforts.

TODAY

Disrupt NOW leaves us with a few lessons we can bring into today and the future. The Manosphere continues to expand but so does our ability to combat it. Through awareness, education, action, and leadership, we can make a difference.

