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The manosphere hates lesbians and must be stopped

CALYPSO LLOYD-DAVIES explores the demonisation of lesbians that's secretly fuelling the rise of toxic misogyny

In 2025, Netflix series *Adolescence* took the UK by storm, sparking national and global concern over the ever-growing manosphere. In the age of influential manfluencer Andrew Tate and a wave of misogynistic podcasters with far too much to say, we know the dangers women who date men can face from this harmful ideology. But are lesbians free from the greasy incel grip?

Far from it. The demonisation of lesbians is actually a prevalent narrative among incels, aka the “involuntary celibates” who populate the manosphere. Yet this is rarely spoken about in mainstream media coverage of rising toxic masculinity. I want to know where this homophobia and hatred comes from, and why it's so fierce. It turns out, lesbianism threatens the very foundations the manosphere stands on, and these men can't bear it.

So, what exactly is the manosphere? According to UN Women, the manosphere is “a loose network of communities that claim to address men's struggles – dating, fitness or fatherhood, for example – but often promote harmful advice”. Taking over social media, these communities reach roughly 70% of young men, experts told Laura Bates, author of *Men Who Hate Women*, a book exposing the inner workings of the manosphere. This audience includes many impressionable young boys who are bombarded with claims that men are victims of feminism. Feminism is labelled an “anti-man” movement, and men are told they will see this “reality” for themselves when they take the Matrix-inspired “Red Pill”.

One of the most dangerous characters within this worrying phenomenon is the incel. While this may not be the case for all incels, a number within this online community believe they have the right to use women's bodies for sex. As Laura puts it, they think it is “their sexual birth right”. Their hatred for women who refuse

them grows to violent extremes. Some “plot to rape and kill as many [women] as possible on a grand ‘day of retribution’”.

Not only do lesbians threaten an incel's self-proclaimed entitlement to sex, by not sleeping with him. But they are also, consequentially, one of the main targets on this “day of retribution”. Lesbians are also often additionally demonised for sleeping with women because they are stealing

“Lesbianism threatens the very foundations the manosphere stands on, and these men can't bear it”

what is “rightfully his”.

“It's just not fair! She won't have sex with me, and she gets to have sex with women.” Dude. She's a lesbian.

We then also encounter the “Male Loneliness Epidemic”. Research* found that those described as incels have worse mental health and higher loneliness on average than other men. Sadly, those of the manosphere often place the blame for their loneliness with lesbians. A recent viral video shows an incel holding up an anti-LGBTQIA+ sign, protesting how lesbians shrink the dating pool. He shouts: “I can't tell

you how many men have just given up! They're not even trying. They cannot get a girlfriend. There are only so many girls!”

Lesbians are an incel's sob story. Certain incel forums include discussion topics such as: “women are turning gay rather than settling for their looksmatch” and “the bitches are just waiting for a Chad dick to fuck but will not touch us”. A lesbian's sexual identity is invalidated, as if she is only queer to avoid dating an “ugly guy” while waiting for the “alpha male”. As the brilliant Judith Butler wrote: “You are a lesbian, and someone laughs in your face and says you are confused since you are really heterosexual.”

The manosphere preaches that heterosexuality and patriarchy are natural structures for humans. The entire community rests on these conservative norms. Lesbians break them.

As if that's not enough, the manosphere takes another hit at lesbians, linking them to the root of feminism, or as these men see it, the start of man's downfall. Speaking about the dating scene on viral, misogynistic podcast, *Whatever*, a guest says: “You're gonna be a feminist and a lesbian... a lot of times girls with trauma will end up as feminists and then [present] as masculine.” Using damaging stereotypes and prejudice, the manosphere mocks and silences those who are already oppressed.

This must be stopped and it must be stopped now. The manosphere can severely alter young minds. Laura argues: “These boys [are] being radicalised... they [are] being groomed online by these communities.” Alarming, there is increasing support for this ideology, online and IRL. When such hatred spills into real life, misogynistic and homophobic thoughts can lead to physical violence. This incredibly harmful view that lesbians are unnatural, predatorial man-haters takes us a huge step backwards. When will we finally realise that this is a war on *all* women? **D**



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