2026

DEEPER UNDERSTANDING OF THE MANOSPHERE

- The Influencers Model
- Statistics
- Scenario
- Read, Watch, Listen



The Influencer's Model

1. Follow the blueprint popularized by Andrew Tate (self-proclaimed misogynist)
   a. According to a 2025 report by the Movember Institute of Men's Health, nearly two thirds of young men between 16 and 25 regularly engage with masculinity influencers online.
   b. Promote "Hustle Culture"
      i. Flashy lifestyle
      ii. Hypermasculinity
      iii. Inferiority of women



2. Exploit young men's insecurities
   a. Offer attractive content subtly
      i. Fitness advice
      ii. Self-improvement models
      iii. Wealth building





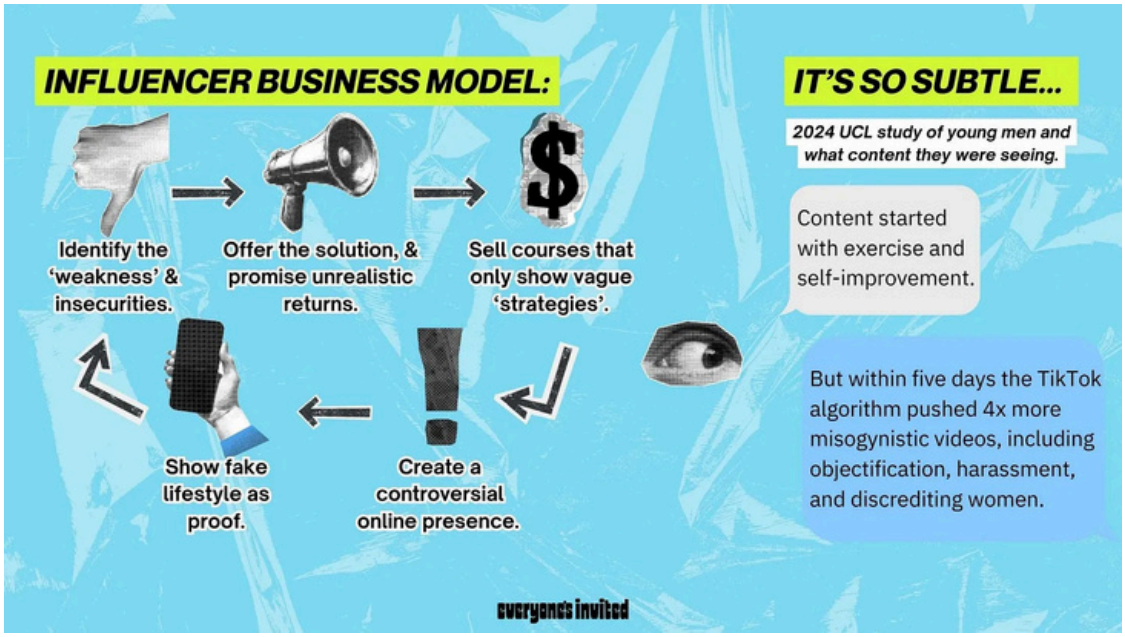


3. Begin including messaging that is:
   a. Derogatory to women
   b. Misogynistic viewpoint
   c. Creating the "misogyny sandwich"

4. Once viewers are engaged, the algorithm takes over
   a. Apps prompt engagement by promoting controversial, extreme, divisive content
   b. Keep the viewer hooked
   c. Sell "solutions" to perceived male grievances (which are essentially pyramid schemes)

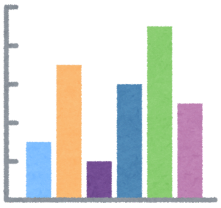


5. Position women and feminism as the root causes of perceived injustices faced by men
   a. Sell books like "Why Women Deserve Less" by Myron Gaines
      i. This book is rated 4.6/5 on Amazon—reminding us of the real-world reach/influence of manosphere



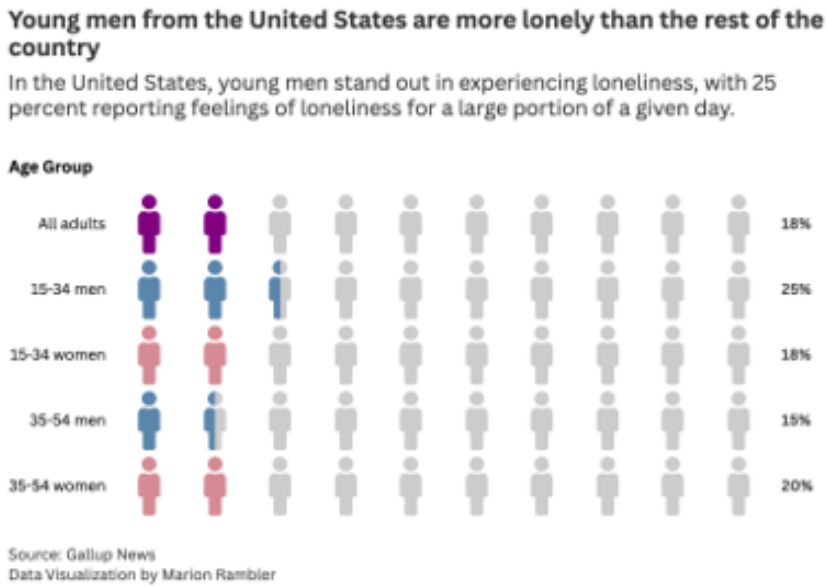
Eve Copeman & Sophie Lennox: "Scrolling into the Manosphere: How Online Misogyny Shapes Everyday Life", March 2026, Substack

Statistics



In Canada, violent misogyny is now considered a form of ideological extremism by the Canadian Security Intelligence Service. The United States does not make this distinction, however it does consider involuntary celibate violent extremists to be domestic terrorists, according to a 2023 FBI assessment.

Young men across the globe are also experiencing a loneliness epidemic, and research shows that American men experience it at a much higher rate. In the U.S., 25 percent of men aged 15 to 34 reported feeling “lonely a lot of the previous day” based on data aggregated across 2023 and 2024 by global analytics firm Gallup.



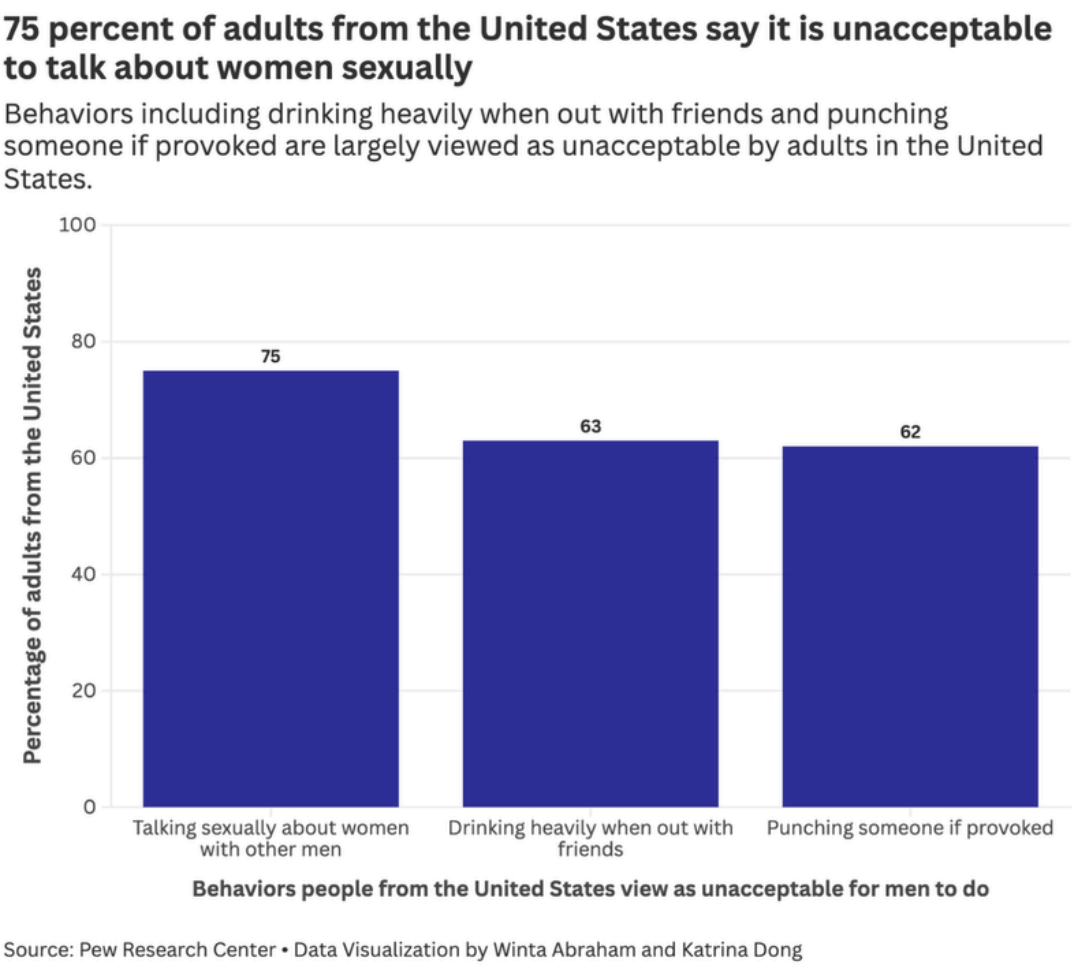
In comparison, the national average for all adults and the total for young women both sit at 18 percent.

Many young men — especially young white men — don’t have a framework for building community or support networks compared to other historically oppressed groups, Sharon Holland, an American Studies professor at UNC, said.

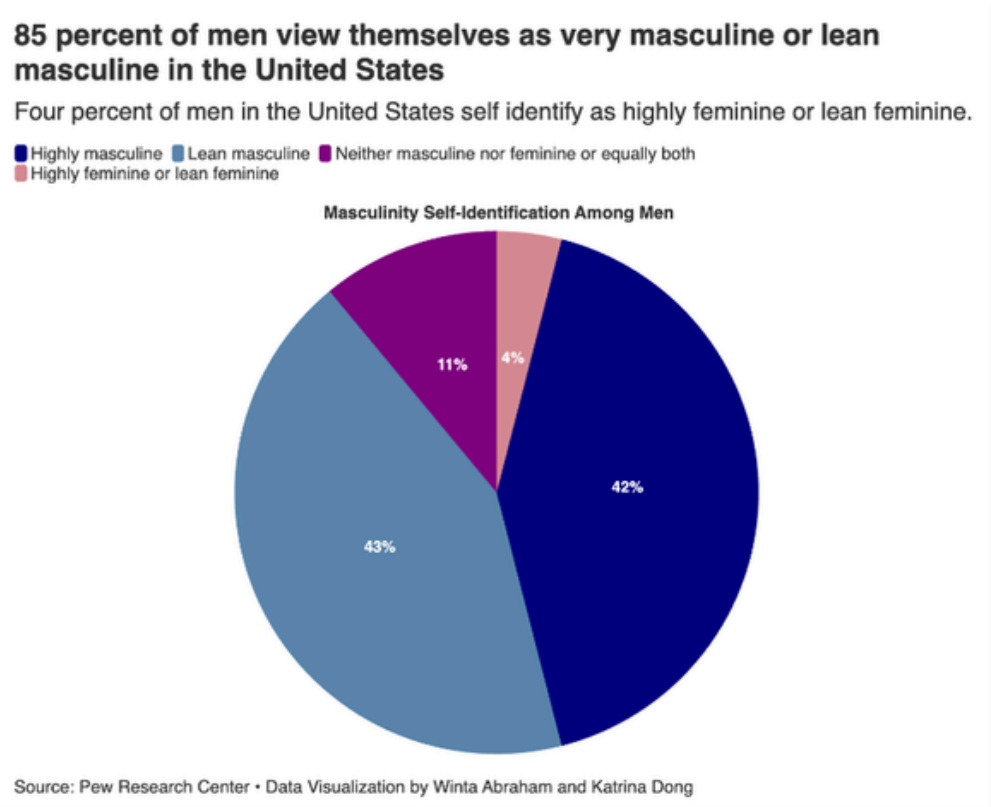
In communities where people lean on each other when their needs aren’t met by government or other structures in society, Holland said, they tend to be less isolated.

“It’s a little difficult to find a role model, as a man, who’s very emotionally well-spoken, at least in our personal lives,” Dunevant said. “And I feel like that could be said for a lot of young men. You don’t see that interaction modeled very often of two men being vulnerable with each other.”

“And if you do see it, it’s often with this backhanded ‘no homo’ or whatever.”



A study by Pew Research Center found 42 percent of men see themselves as “highly masculine.” Republican men rate themselves as highly masculine at a much higher rate — around 53 percent — while Democratic men sit around 29 percent.



Scenario

(By Instagram Account: resist.riseup.movement) September 2026

Part I

Dear Mom & Dad:
Your son didn't type "misogyny" into a search bar. He typed "how to get women". That's it. That's the whole crime.

I built a fake account. Zero follows, zero history, one search. You will see here exactly what the algorithm decided he needed next - starting with attraction advice and ending, within one session, with a man telling other men that a woman who disagrees with him should "hang herself with enough rope."

Nobody had to seek this out. It was recommended. This isn't a warning about one bad account. It's a pipeline, and it's running whether you are watching or not. I'm keeping this account alive and posting what it gets fed every week…so you can see where it goes before your child does.

Scenario
I built a fake account on X as a teenage boy looking for love.
One search. No follows. No history. Here's what the internet decided he needed next:
I typed one phrase: "how to get women."

What follows is the unedited feed that came back chronologically, unaltered. I didn't go looking for extremism. I searched a phrase millions of teenage boys type into a phone every day.
Three tiers surfaced in a single session:

- Manipulation framed as "tactics" (attention, deprivation, manufactured jealousy, engineered instability)
- Open contempt (mockery, dehumanization, "she doesn't deserve it")
- A closed worldview (marriage as adversarial, women as a threat to be tested and contained)

Each tier normalized the next. None of it was hidden. All of it was recommended to me.
No child asks for a worldview; the platform hands him one anyway. If you're checking "what's he watching," this is the on ramp, not the destination.

Posts Showing Up on my X Feed

- A picture of a woman being pulled by her ponytail with the description "Just Friends". The poster on X states: "Destroying a Woman's Ego is the Best Way to Make Her More Attracted to You. 10 Ways on How to Destroy her Ego: Do Not compliment her looks.
- Another poster on X writes: These are the sexiest things you could ever do to a woman:
  1. Block her.
- Another poster writes: "How to PUNISH a woman the right way (Get her addicted to you). Reverse Psychology: Create an addiction and revoke it."
- Yet another poster: "Test #3" Give Her Freedom
  - Don't police her phone
  - Don't babysit her behavior
  - Don't interrogate every male friend
  - Give her enough freedom to expose her own character. Loyal women don't need prison guards. Disloyal women eventually hang themselves with enough f'ing rope."

This was day one to see where the algorithm takes is next: the feed is already further down the road than you think.

Part 2

The algorithm stopped selling insecurity. It started teaching this (same account; no new search). The posts are structured as a countdown of physical positions. Each one centers on restricting movement…pinning, holding, positioning a partner so she cannot shift, retreat, or sit up. Her attempts to move are described as things to be prevented, not signals to respond to. When her body reacts involuntarily, that reaction is presented as the reward…proof the method worked, not something she chose.

Strip the numbered list away and this is not a guide to pleasure; it's a guide to holding someone in place until her body responds the way you decided it should. That is the plain description of what was posted by a verified account, hours before this was written with no search required to find it.

No one taught this account to want this. The platform built the path to it, one recommendation at a time. If you're son's feed has gone quiet about what he's watching, this is what "quiet" can mean. This is still only day one and I'm not stopping.

Part 3

Part 2 showed the technique. What came next was different. These weren't instructions. It was reassurance: a steady stream of posts telling him the thing he just learned was what women actually want.

The first message is simple. She wants you to take control; she just won't say it.

One verified account told him women are "waiting in desperation" for a man to take charge, and that most are too shy to ask. Another said the strongest power you can have over a woman is not caring whether she likes you, If she won't say what she wants, he doesn't have to ask.

Then a podcast clip. Two men, studio lights, a verified account, thousands of likes.
The advice is to move her quickly and use surprise, so she doesn't have time to think. Be a little rough. Take her out of her own head. By the time she realizes what's happening, it's over and they call that pleasure.

This is Part 2 again, said out loud on camera by someone with an audience and titled "How to Make a Girl Orgasm Easy."

Next a reposted clip about testosterone. It says a man's drive, his protectiveness and his sex drive are all one thing and can't be separated.

Then the point: After a hard day he reaches for her. If she is tired and says no, she's denying him something he needs. He's taught that her no isn't a boundary. It's something she's withholding from him.

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A woman explains that wives blame their husbands for their own unhappiness, and that it's just "the nature of the woman."

Placed in a feed like this one, it works as proof—see, even they admit it.

And one more lesson about age. A verified creator told him women are most desirable at 18 and called it a fact. Older women, he said, are what you settle for, and those relationships don't count. I built this account as a 16-year-old boy. The feed is telling him which girls matter and when.

None of these posts look like much alone. That's why they work. Together, they answer the question a decent kid might still be asking after Part 2: isn't this wrong? The feed's answer is No. She wants it, she just won't say so, her no is a problem to get past, and women agree. That's how a boy ends up doing harm and feeling like a good guy.

Posts by verified creators on X that showed up in the feed I built:

- "Men, no matter what it looks like, there are women who want you take charge of them, and they are just waiting in desperation for you to start. Many are too shy to ask. They need your leadership."
- "Girls love powerful men. And the strongest power you can have over a woman is not giving a shit whether she likes you or not. In her head that reads as:
  - This guy already has options
  - My approval isn't special to him
  - I can't control him; if I don't step up, he'll walk

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Read, Watch, Listen: Varying Points of View

Confronting the Manosphere

PBS Newshour: Manosphere

From Manosphere to Looksmaxxing

How Deep is the Gen Z Manosphere Rabbit Hole

The Manosphere is Girlboss 2.0 with a Protein Shake and a Side of Hate

Misogyny From the Manosphere is Bleeding Into the Real World

Manosphere, Meh.

The Manosphere is Gen Z Capitalism's Final Form

The Manosphere Keeps College Rape Culture Alive

Break The Toxic Manosphere

Manosphere: How I Slipped Into It, Escaped and Learned the Truth-Peterson, Huberman, Tate.

Sorry But the Manosphere is the Gayest Thing on the Internet...Everyone Sees Misogyny. I See Something Else.

Inside the Manosphere: We Cannot Keep Pretending This is a Surprise

From Description to Smear: The Guide to the Manosphere

Yes, The Manosphere Documentary Matters, But What Matters More?

