

# LOST BOYS

## Incels, Mass Shooters, & Male Rage

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### Learning Goals and Objectives

- Identify current risk factors associated with poor mental health, suicide, and violence in males
- Define “incel” and identify the primary characteristics as the men who identify as incels
- Explain the relationship between “incel” ideology and violence
- Describe the confluence of sexual frustration, rage, misogyny, and aggrieved narcissism in violence and mass shooters
- Explain the concept of “toxic masculinity” and its relationship to violence

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### “Trigger” Warning

- Don't get offended
- Of course it is not “all men” or “every man”
- The need to put this reflects part of the issue we have societally
- “US against THEM” mentality generates isolationism

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### Biggest Risk Factor for Violence

Being a man

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### The Facts Societally Are

- Men are responsible for most acts of all types of violence
- Men victimize women, children, and OTHER MEN
- Men are more violent and murder THEMSELVES more often
- Misogyny is real
- Men often hate men too
- Men are overly dependent on women and hostile to them because of it
- Patriarchal societal demands harm men

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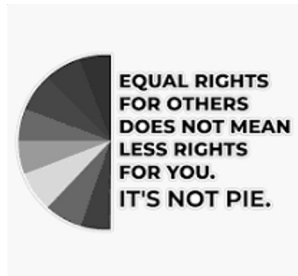
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NOT ME AGAINST YOU  
US AGAINST THE  
PROBLEM



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**Men and boys are struggling**

- Academically
- Healthwise
- Socially



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**Education Gap**

- Higher drop out rates – high school and college
- Much lower college enrollment
- Declines in reading and math tests
- Fewer things in schools that are better for boys
  - Male teachers
  - Recess
  - Vocational classes
- More likely to be suspended
- Girls outperform in both school and college



(Jargon, 2023)

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**Health Issues for males**

- Greater risk of dying from
  - COVID
  - Diabetes
  - Cancer
  - Heart disease
- Death rate higher for boys, teens, children and infants
- Death by overdose
- Suicide rate four times higher in men
  - Middle age white men
  - Teen boys
- 72% of motor vehicle crash death victims
- 71% of pedestrian deaths
- 87% of bicyclist deaths
- 92% of motorcyclist deaths



(Parker-Pope & Gilbert, 2023)

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### Societally

- Liberation of women has been threatening
  - Choosing mates
  - Financial security displacing dependency
  - Dating opportunity "diminishes" as standards rise
- Political ideology to return the US to when it was "great" and "men were men"
- Lacking "ontological security" – stable mental state related to one's trajectory and meaningfulness
- "Cultural redundancy" – Men have become superfluous
  - Women don't need men sexually, financially, or reproductively
  - The workplace doesn't need men because of automation
- Decimation of labor by atomization – brain versus brawn
- Dropping out of the workforce
- Most growing jobs are have fewest males – e.g. Nurses, healthcare, teachers
- Masculinity has not been effectively redefined
  - Toxic
  - Ultra
  - Traditional masculinity is mismatched
- LGBTQ+ movement has "destabilized" gender definition

(Reeves, 2022)

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### Barbie



- Captures the social struggles
- Men are superfluous
- Men are dependent on women while women get more independent
- Women still accommodate
- Men turn against men
- Men are hostile to women
- Men feel entitled to women

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### Human capacity/need for

- Adversarialism
  - Competition
  - Protection
  - Assertion
- Affiliation
  - Cohesion
  - Belonging
  - Friendliness

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### Loneliness

- ONE study -Men are lonelier than women at all age groups
- Women and men are likely equally as lonely, but . . .
- Loneliness is linked in men to
  - Suicidality – especial young, lonely men
  - Problematic online sexual activity
  - Low self-esteem and high social anxiety
- Living with others more protective for men

(Barreto, et al., 2021; Ernst et al., 2021; Wery et al., 2020)

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- Before transitioning, I didn't receive short pat hugs or shake hands; I got deep, long hugs. I didn't get quick answers about life; I got hour-long conversations. When traveling or running errands, and I saw a parent dealing with an exhausting kid, I could help and not be stared at like a creep.
- As a man, you get to feel safe, but you don't get to be a nurturer or nurtured. You can speak up whenever you want, but not about your emotions, fears, or grief. You have the freedom to do whatever you want whenever you want, as long as that doesn't involve anything feminine, which turns out to be many incredible things, like emotions, intentional parenting, grooming, baking, and so many other activities I've learned are too feminine.

(James Barnes, 2023)

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### “Friendship deficiency”

- Breakdown of institutions that fostered male friendships
  - Church
  - Clubs
  - Workplace
- “Real masculinity” is incompatible with deep, intimate ties
- Women receive more emotional support from friends
- Only 25% of men tell their friends they love them
- All lost friends over the pandemic



(Cox, 2021; Reeves, 2022)

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### Politically Dichotomous Messaging about Men

- Hard "Left"
  - Men deserve what they get
  - Little empathy for male issues
  - Anger at the oppressor
  - Challenging power/privilege
  - Challenging traditional definition of masculinity or "maleness"
  - Acceptance of gender fluidity
- Hard "Right"
  - Celebration and acceptance of men
  - Rejection of challenges to masculinity
  - Advocacy to return to definition of gender and roles
  - Provide definitions of gender and gender expectations

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### Toxic masculinity/Patriarchal masculinity



- Stoicism – Unconditional Toughness
- Resistance to help-seeking
- Defined gender role/value
- Aggression and power/Dominance
- Promiscuity
- Devaluation of the "feminine"
- Risk-taking
- Anti-feminism
- Violence
- Rejection of the dissimilar or defined as weak
- Hyper-independence
- Rage/anger is the appropriate response

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### American Psychological Association

- Masculinity Ideology
- Gender role conflict arising from "rigid, sexist, or restrictive gender roles"
  - Learned
  - Personal restriction
  - Devaluation
  - Violation of others or the self
- Disproportionate emphasis on achievement control power
- Restrictive emotionality
- Restrictive affection between men
- Privilege of valued and dominant social identity
- Anti-femininity
- Risk and Violence

(APA, 2018)

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But it's okay for men to cry, right?

(MacArthur, 2019)



In sports, with stereotypically masculine men

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Due to socialization, definition of maleness, and skill deficits,

- RAGE
- VIOLENCE
- RETRIBUTION
- RETALIATION are VIABLE responses for some men

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### Manosphere

- Collective of online forums, websites, blogs promoting "masculinity," misogyny, opposition to feminism
  - Overwhelmingly white men
  - Linked to alt-right or far-right movements
  - "Men's liberation movement"
- Groups include
  - Men's Rights Activists (MRAs) – political change to benefit men
    - Father's groups
    - A Voice for Men
  - Men Going Their Own Way (MGTOW) – women are toxic; men should avoid them
  - Pick-up Artists (PUAs) – men teaching men to manipulate women for sex
  - Involuntary Celibates (Incels)
  - Others – 4Chan, Anti-Slut Defense,

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## Rapeglish

- Online dialect whose signal characteristic is defined by graphic, violent sexual imagery
- Often accompanied by calling women fat, ugly, slutty
- Used often in dating apps in response to a woman declining a sexual overture
- 73% of women online have been targeted with online sexual violence
- Female gamers, women on dating apps, men amongst themselves
- UN called online violence against women a "global pandemic"

(Jane, 2017)

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## Random Rape Threat Generator

(Jane, 2017)

Salutation	Adjective	Noun	Punct.	Transition	Outcome 1	Outcome 2	Reason
Kill yourself you	unrapeable	cunt	.	I hope you	Die of pussy cancer	So we can cum in what's left of your cock-stuffed gash	Cuz you're a stupid feminist asshole
You need dick, you	worthless	heifer	,	Ima make sure you	Deepthroat a chainsaw	While your children watch	Cuz you're an ugly cunt
Fuck you, you	unfuckable	hole	;	9000 penises will facefuck you while you	Get fucked in the ass by a demon	Until you rot	Cuz you're a cum guzzling tesbo
Hello, you	castrating	piece of shit	:	My friends will laught while you	Have your head removed	Then I'll gang- bang your whole daughter	Cuz you're trash talking fuckmeat
Listen up, you	misandrist	skank	.	We will ensure you	Taste your shit off my dick	While a bullet rips through your brain	Cuz you're a screaching bitch

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## Incels

- "Involuntary Celibates"
- Coined in the 90's by a woman frustrated with relationships
- Co-opted *generally* to refer to an online subculture of heterosexual, misogynistic men
- Mostly white, young men
- Labeled a hate group and terrorist organization
- "Clear and present danger" to women and society
- Largest dedicated forum receives 2.6 million visits a month

(CCDH, 2022)

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### Incel Philosophy

- Chads rule the sexual world as 80% of women want 20% of men
- Feminism and women are the cause of the Incel suffering
- Premises of biological determinism and evolutionary psychology
  - Like animals, women mate "upward" - hypergamy
  - Incels lost the biological lottery in DMV/SMV (dating or sexual market value)
  - Status is unchangeable
  - Fatalistic and can't be blamed for their situation
  - Accepting this makes the Incel brave and authentic
- Men are superior, women inferior and are to be dominated
- Blue/Red/Black Pill
  - Red Pill - see the truth
  - Black Pill - recognize that women are in charge and there is no hope for you



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### Incel Vocabulary

- Men
  - Alphas/Chad - 20%
  - Betas/Normies/Cucks - 60%
  - Incels - 20%
  - Subtypes of Incels described by "deficits"
    - Heightcel - "too short"      Rapecel - glorifies rape
    - Acnecel - "has acne"      Pedocel - pedophile
    - Baldcel
- Women
  - Stacy - beautiful, hyperfeminine, dumb, promiscuous, shallow, gold-diggers
  - Becky - basic bitches
  - Male supremacy is assumed

(CCCH, 2022)

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### Alpha Males - "Chad"

- Don't feel anything
- Don't give in
- Don't be vulnerable
- Anger and power are the only acceptable alternatives
- Demanding, domineering
- Competitive
- Physically attractive and vain
- Arrogant, cocky, immune to criticism
- Successful and powerful
- Desired by most hetero women



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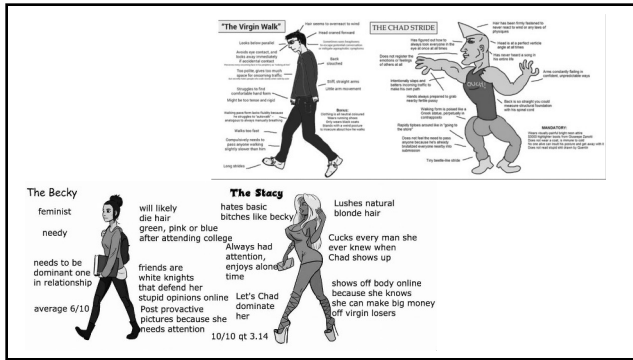
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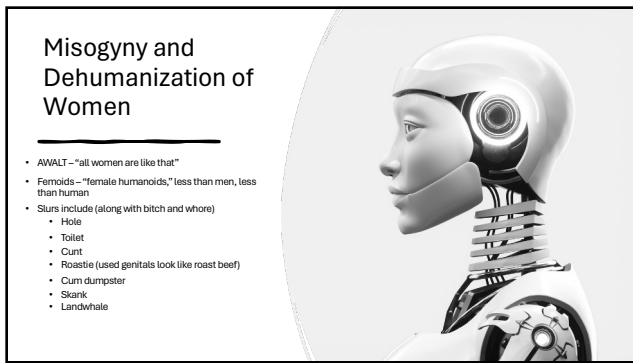
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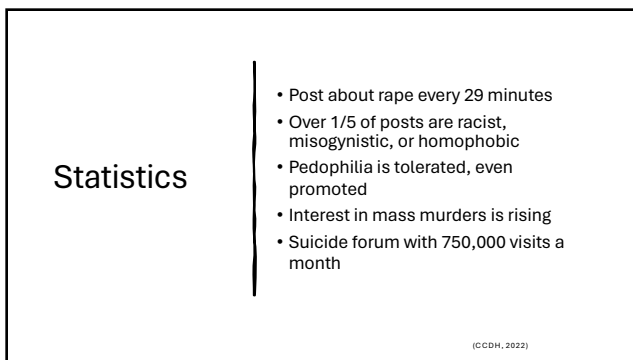
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**Incels and mental health**

- Lonelier
- More prone to hatred, resentment, grievance
- More prone to feelings of victimization
- Depression
- Paranoia
- Alienation
- Fearful or anxious attachment
- Lack of empathy

(CCDH, 2022; Cloppa, et al., 2022; Costello et al., 2022)

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**Mass Killings**

- 2020 = 610
- 2021 = 690
- 2022 = 646
- 2023 = 655
- 2024 = 80 (at one point, more shootings than days)
- More than 95% of shooters are male
- Most are between 20-29
- Over 50% are white
- 2/3 are DV related

<https://www.usatoday.com/in-depth/graphics/2022/08/18/mass-killings-database-us-events-since-2006/9705311002/>

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**The Community Attracts and Radicalizes**

- Invitation
- Acceptance and validation of victimization
- Cross-pollination with other extreme groups
- "Echo chamber"
- Sets up adversarialism
- Belonging when socially isolated
- Defined community
  - Own philosophy/lexicon
  - Moral elitism
  - Standards for acceptance (straight male)

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"When all the pleasures of the world have been enjoyed, the only thing left that is pure is power"

### Incel Rebellion – Mass Killers

- The "lone wolf" dialogue is misleading
- A community that inspires the ideologies related to mass murders
- Numerous mass murderers had incel ideology – women main targets
  - Jake Davison – 2021, 5 victims and himself
  - Tres Genco – 2022, planned to kill women at Ohio university
  - George Sodini – 2009, murdered 3 women, injured 9, killed himself
  - Alek Minassian – 2018, rented a van, killed 11
  - Lyndon McLeod – 2021, killed 5, wounded 2, shot by police
  - Christopher Harper-Mercer – 2015, killed 9, injured 8, killed self
  - Scott Beierle – 2018, killed 2, injured 5, killed himself

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### Aggrieved Entitlement – Men in power

- Anger and resentment from a privileged group/dominant party when they feel they are losing privileges to which they are entitled.
- Feel victimized by social changes
  - Minorities
  - Women
- "I believe I have been cheated"
- "Women and minorities actually have more rights than me."
- Response is anger, rage, retaliation, retribution

(Kimmel, 2013)

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### Tendency for Interpersonal Victimhood

- Enduring feeling that one is a victim across relationships
- Four dimensions
  - Need for recognition
  - Moral elitism
  - Lack of empathy
  - Rumination
- Stable and meaningful "trait"
- Negative memory bias
- Feel victimized more deeply, frequently, and longer
- Less willing to forgive
- Desire for vengeance
- Entitlement due to feelings of victimization

(Gabay et al., 2020; Zitek, et al., 2010)

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**Hostile Masculinity, Misogyny, and Sexual Aggression**

- Literature review supports the connection between hostile masculinity, rape myth acceptance, misogyny, and sexual aggression towards women
- Sexually frustrated mass shooters were young, misogynistic, sex offenders, and killed more women.
- Perceptions of "humiliation" plus entitlement increase risk of violence

(Ray & Parkhill, 2021; Lankford & Silva, 2022)

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**Fatalism as a Treatment Barrier**

- "Without any sense of responsibility for his situation, the incel is free to reject intervention, dispute and dismiss ideas, and devalue a helper's efforts as the helper is an outsider. To examine the incel ideology is to discover that many of the ideas and beliefs are self-imposed by the incel community. Terms like "acneincel" or "heightincel" are labels used by the members to identify how they are failing as Alphas, revealing "I have acne" or "I am too short" to be desirable. SMV (sexual market value) is determined by idealized body, personality, and achievement standards – the very issues feminism attempts to dismantle by promoting acceptance, tolerance, and equality. Their belligerent attitudes and interactions drive away relationships while they lament their loneliness."

(Valliere, 2023)

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**Call to action**

1. Become familiar with the movement, the ideology, and the language, as well as an understanding of radicalization and mobilization;
2. Recognize that many of the beliefs of the incel community are a magnification of the societal issues of male and white supremacy, misogyny, and inequality;
3. Learn the signs associated with risk of violence and take steps to intervene;
4. Assess clients and offenders for incel traits and beliefs;
5. Reframe for clients their perceived victimization to increase self-efficacy and promote problem-solving;
6. Attempt to foster connectedness with others outside the incel community; and,
7. Take the movement and its impact seriously.

(Valliere, 2023)

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## Positive Humanity

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- Empathy
- Emotionality
- Vulnerability
- Strength
- Leadership
- Resilience
- Intimacy
- Acceptance
- Kindness
- Freedom

**YOU CAN BE MASCULINE WITHOUT BEING TOXIC**



Roderic Day @RodericDay

What comprises a "non-toxic" masculinity?

I find that people who try to define a collection of "good masculine traits" always seem to fail because there's literally no way to describe a good human trait as "masculine" without untruthfully implying that most women lack it.

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## Simple ways to help

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- Make a close friend
- Be a good friend
- Don't force toxic masculinity on men
- Never say things like "man up"
- Start a hobby
- See a therapist
- Share your feelings
- Join a positive community
- Check on the fellas

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## Resources for men or helping men

- <https://www.visibleman.org/about/?mod=ANLink>
- <https://manenough.com/?mod=ANLink>
- <https://headsunguys.org>
- <https://www.nimhd.nih.gov/programs/edu-training/byomm/toolkit.html>
- <https://evrman.com>
- <https://mkpusa.org>

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**UNMASKING THE SEXUAL OFFENDER**

**of Intimate Violence**  
Making it Offender-Focused  
BRIDGET H. RYAN AND VERONIQUE N. VALLIERE

**UNDERSTANDING VICTIMS OF INTERPERSONAL VIOLENCE**  
A Guide for Investigators and Prosecutors

Veronique N. Valliere, Psy.D.

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- [www.vallierecounseling.com](http://www.vallierecounseling.com)
- Valliere & Counseling Associates, Inc.
  - PO Box 864
  - Fogelsville, PA. 18051
  - (610) 530-8392

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