



## Misogynistic Language



This fact sheet will help you understand more about misogynistic language and what this looks like.

**! Warning !** When researching this topic you may encounter material that is upsetting. Please speak to a teacher or a trusted adult if you are worried about anything you have seen.



### What is Misogynistic Language?

Misogynistic Language is the dislike, prejudice, or hatred of women and carries the belief that men are more important than women. It creates the expectation that women are less worthy of respect than men and creates the expectation that women and girls can be objectified. This can lead to women and girls being treated more like objects than people.

### Examples of Misogynistic Language:

- Jokes or remarks implying women are inferior in intelligence, strength, or leadership ability
- Saying women are too emotional or irrational to handle things such as “she wouldn’t cope with being in charge”.
- Dismissing women’s opinions or feelings as unimportant or overreactions.
- Having double standards where men are viewed in a lenient way and women tend to be criticised such as “typical women” or “boys will be boys”.
- Using phrases that stereotype women as nagging, bossy, or moaning because they don’t like something.
- The idea that women do not deserve a place of authority and saying things like “women belong in the kitchen”.
- Ignoring what girls say or telling them to “calm down” when they’re upset.
- Acting like boys are always better or stronger than girls.

- Saying girls only care about their looks or makeup or telling girls to “just smile” or act more “friendly” instead of being serious.

| Key Terms         | Definition                                                                                                                                        |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| Stereotype        | A fixed, oversimplified idea about a group of people, like saying all women are emotional or bad at math.                                         |
| Gender inequality | When people of different genders don't have the same rights, opportunities, or respect.                                                           |
| Feminism          | The belief in and movement for equal rights and respect for women.                                                                                |
| Discrimination    | Treating someone unfairly or differently because of their gender, race, or other characteristics.                                                 |
| Gender roles      | Expectations about how people should act or what they should do based on whether they are male or female.                                         |
| Intersectionality | Understanding how different parts of a person's identity (like gender, race, ethnicity) affect their experiences, especially with discrimination. |
| Gender bias       | Having a preference or prejudice for one gender over another, often without realizing it.                                                         |
| Slut-shaming      | Criticising or insulting a woman for how she dresses, behaves, or expresses her sexuality.                                                        |
| Mansplaining      | When a man explains something to a woman in a way that is condescending or assumes she doesn't understand, even when she does.                    |
| Harassment        | Unwanted or aggressive behavior, often verbal or physical, that makes someone feel uncomfortable or threatened, especially based on gender.       |
| Stereotype        | A fixed, oversimplified idea about a group of people, like saying all women are emotional or bad at math.                                         |

# Things to think about



## Why does it happen?

- Misogynistic language is often learned by hearing it used around us — in jokes, music, or online.
- Some people use it to feel powerful, fit in with friends, or because they don't realize it's harmful but it's also used to disrespect or silence women on purpose.
  - Many people don't question it because it feels "normal" or "**just a joke.**"
- Misogynistic jokes or behavior can be used to fit in with friends or seem "cool" which feeds into **peer pressure.**



## Did You Know?

- **Studies show that casual sexism** (like calling girls "bossy" or "too emotional") can hurt self-esteem and limit ambitions.  
It sends signals to your brain that you're feeling good!
- **Challenging this language helps create respect and equality** — starting with how we speak every day to people..
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# What can you do?

**Speak up** when you hear sexist or disrespectful language — calmly explain why it's harmful.

**Educate yourself and others** about why misogynistic language is harmful and how it affects people.

**Practice self-reflection** by paying attention to your own language and correcting yourself if you say something sexist.

**Use inclusive and respectful language** in your own conversations and online posts.

**Promote empathy** by listening to women's experiences and validating their feelings.

**Be a positive role model** by treating everyone with respect, regardless of gender.

**Help friends and family understand the impact** of their words without attacking or shaming them.



Here are some videos and links that you may find useful:

<https://www.youtube.com/watch?v=hjZTZm1phwo>

[https://www.youtube.com/watch?v=qbk3iJqmjNU&list=PLXTALXk4qAXi-sq\\_txWq0EwNCeKqbE3pf&index=4](https://www.youtube.com/watch?v=qbk3iJqmjNU&list=PLXTALXk4qAXi-sq_txWq0EwNCeKqbE3pf&index=4)

## Where to go for help

Parents/guardians/carers

Wider trusted family

Teachers/ Youth Workers

Childline 0800 1111

Yellow Door 02380 636312

No Limits

Police 999

## Online support

 [www.childline.org.uk](http://www.childline.org.uk)

 [www.nspcc.org.uk](http://www.nspcc.org.uk)

 [www.themix.org.uk](http://www.themix.org.uk)

 [www.kooth.com](http://www.kooth.com)

 [www.youngminds.org.uk](http://www.youngminds.org.uk)

 [www.barnardos.org.uk](http://www.barnardos.org.uk)

### Final Thought



**Tackling misogynistic language starts with noticing it and having the courage to speak up. By choosing respect and supporting others, we help create a world where everyone is valued equally. Small actions add up, and together we can build a culture that rejects hate and promotes fairness for all.**