

Exploring Misogyny

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This short resource is designed to help you learn about and reflect on your ideas relating to misogyny. What is it? What does it look like? Where can it show up? There will be an opportunity to reflect on your own actions, understand their potential impact on others, and explore ways to be more mindful and accountable with your actions moving forwards. This resource is not about shaming you. It is about inviting you to explore ideas and concepts that we often overlook as a culture.

■ What is Misogyny?

Misogyny is defined as:

The dislike of, hatred for, or ingrained prejudice against women.

Some examples of misogyny include:

Hating women or thinking they are "less than" men

Misogyny is more than just disliking women — it's treating them as if they don't matter. This kind of thinking leads to unfair treatment, disrespect, and even violence. Everyone deserves to be treated as equals.

Catcalling or making unwanted comments toward women

Whistling, shouting, or making comments about a girl's body isn't a compliment — it's harassment. It makes people feel unsafe and sends the message that their comfort doesn't matter.

Giving boys more privileges or advantages than girls

Whether in school, sports, or leadership, treating boys as more important than girls is unfair. When girls don't get the same opportunities, it sends the message that their talents and ideas don't matter as much.

Believing men and women have "strict" roles in life

Saying "boys should do this" and "girls should do that" limits people's choices. It pressures guys to act tough and girls to be quiet and submissive. Everyone should have the freedom to be themselves without judgement.

Not valuing women's time, ideas, or effort

Talking over girls, ignoring their opinions, or expecting them to do all the emotional work in friendships or relationships sends the message that what they think and do isn't important. In reality, everyone deserves respect.

Looking down on jobs or activities seen as "feminine"

When people make fun of things like caring for others, teaching, or expressing emotions, they're putting down things that are actually important. No job or role is "less than" just because it's seen as feminine.

Hurting or threatening women

Misogyny often leads to violence. Whether it's in relationships, at school, or online, hurting someone because of their gender is never okay. It's not just a personal problem — it's something that affects all of society.

Thinking women aren't smart or capable

Dismissing girls' ideas, assuming they can't do certain subjects like science or maths, or saying they're too "emotional" to lead is unfair. Intelligence and talent aren't based on gender.

Joking about things like sexual harassment or assault

Laughing about serious issues like harassment or assault makes them seem less important. It can also make it harder for people to speak up when they've been hurt. If something isn't funny to everyone, it's not a joke.

Hating on trans women or refusing to respect trans people

Misogyny affects not just cisgender women but also trans women. Saying trans women aren't "real" women or refusing to respect their identity is not only harmful, it can be deeply hateful.

It is important to know that these are not the only examples of misogyny in action. These are common examples of misogyny that we often see in school and wider society. There are some videos linked below — or, if you are working through this resource on paper, the video title is included so you can watch in your own time.

■ Exploring Misogyny Further

- Video: ["Misogynistic Microaggressions" — Sahana Mathiarasan](#)
- Video: ["What is Misogyny?"](#)

■ An Important Note

Exploring and reflecting on misogyny is something that takes time, effort and consistency. We have started well in this short resource, but completing this doesn't mean you know everything there is to know about misogyny! There are some recommended people and organisations to follow to continue your learning below. Make sure you spend some time checking them out. It is important that we keep up our efforts to learn about misogyny and masculinity in general.

Recommended People and Organisations To Check Out

- Jordan Stephens
- Ben Hurst
- Big Red Ryan
- Paul C. Brunson
- Alex Holmes
- Jeff Perera
- Professor Neil
- Glasgow Girls Club
- Beyond Equality
- Gina Taylor
- Cheer Up Luv
- Women's Aid Solace

Exploring Misogyny (Worksheet)

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■ Part 1: What is Misogyny?

1. Define Misogyny

What do you think misogyny means? Write down your thoughts.

2. Recognising Misogyny

Where have you heard the term misogyny before? Can you think of an example of misogyny you've seen or heard about? How did it affect the people involved?

■ Part 2: Examples of Misogyny

Reflect on these scenarios and consider why they might be misogynistic:

- Hating women or thinking they are "less than" men
- Catcalling or making unwanted comments toward women
- Giving boys more privileges or advantages than girls
- Believing men and women have "strict" roles in life
- Not valuing women's time, ideas, or effort
- Looking down on jobs or activities seen as "feminine"
- Hurting or threatening women
- Thinking women aren't smart or capable
- Joking about things like sexual harassment or assault
- Hating on trans women or refusing to respect trans people

(Explanations of these examples can be found in the "Exploring Misogyny" information sheet. Make sure you read the explanations before continuing.)

■ Part 3: Reflecting on Misogyny

1. Impact of Misogyny

Now you know what misogyny means and have explored some examples of it in action, in what ways can it cause harm?

2. Personal Reflection

Have you ever done or said something that could be considered misogynistic? What led to it, and how do you feel about it now?

3. Learning and Application

What have you learned about misogyny that you didn't know or understand before? What steps could you take to ensure that you are applying what you have learned moving forward?

■ Final Thoughts

Exploring misogyny is something that takes time, effort and consistency. We have started well in this short resource, but completing this doesn't mean you know everything there is to know about misogyny! There are some recommended people and organisations to follow to continue your learning below — it is not something a worksheet like this can ever cover fully.

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