

Union of Saints.

“Ran Through”

Disturbing Modern Hate Speech

When men say that women are “ran through,” it is a form of verbal and psychological abuse, and in some contexts it can escalate to defamation or sexual harassment, depending on how it is expressed and the harm caused. Let me break this down clearly:

1.

Type of Abuse

- **Verbal/Emotional Abuse:** The phrase is a derogatory, sexually shaming insult. It is intended to degrade women, reduce their dignity, and frame them as “damaged” or “less valuable.”
- **Sexual Shaming (Slut-shaming):** This is a form of gender-based abuse that enforces double standards about sexuality, often used to control or demean women.
- **Psychological Abuse:** Repeated use of such terms can have damaging mental health effects, undermining self-worth and causing emotional distress.

2.

Cultural and Social Harm

- It reinforces misogyny and perpetuates harmful stereotypes that measure a woman’s value by sexual purity.
- It can also contribute to a hostile environment, especially in workplaces, schools, or community groups.

3.

Legal Implications (U.S. context, varies by jurisdiction)

- **Defamation:** If the statement is made publicly or in writing and is framed as fact (e.g., “She’s been with all these men, she’s ran through”), it may constitute defamation if it harms her reputation. False sexual accusations are classic examples of defamation per se (statements that are automatically considered harmful).
- **Sexual Harassment:** In a workplace or school setting, calling someone “ran through” can meet the legal definition of harassment if it creates a hostile environment. Under

Title VII of the Civil Rights Act (workplace) or Title IX (education), victims may have a right to pursue action.

- Cyberbullying / Online Harassment: If said online, depending on state law, it may qualify as cyber harassment or cyberbullying.
- Intentional Infliction of Emotional Distress (IIED): If the behavior is extreme, persistent, and intentionally harmful, a civil claim for emotional distress might be possible.



Key Point: While casual use of the insult may not always rise to a legal violation, once it causes measurable harm—whether reputational, emotional, or professional—there can be legal consequences.

Comments like “ran through” can have deeply harmful effects on women, even if the speaker tries to dismiss it as a “joke” or casual insult. Here are the main ways it impacts women:

1.

Psychological and Emotional Impact

- Shame and Humiliation: It reduces a woman’s identity to a sexual stereotype, causing embarrassment and feelings of being devalued.
- Erosion of Self-Worth: Over time, hearing such language can undermine confidence and self-esteem, making women feel unworthy or “less than.”
- Anxiety and Depression: Harsh labels about sexuality can contribute to anxiety, depression, and other mental health struggles.

2.

Social Impact

- Reputation Damage: These comments spread stigma, potentially harming personal relationships, careers, and community standing.
- Isolation: Women may withdraw socially to avoid ridicule or judgment, feeling unsafe or unwelcome in certain environments.
- Double Standards Reinforced: Such remarks reinforce unfair gender roles—where women are punished for behavior that men are praised or excused for.

3.

Professional and Academic Impact

- Hostile Environment: In workplaces or schools, these comments can make women feel unsafe, excluded, or harassed, affecting performance and advancement.
- Barriers to Opportunity: Harmful reputational labels can follow women, limiting professional respect or leadership opportunities.

4.

Long-Term Consequences

- Internalized Misogyny: Constant exposure can cause women to adopt harmful beliefs about themselves or other women.
- Relationship Strain: Such shaming can affect intimacy, trust, and healthy partnership dynamics.
- Trauma: For some, these experiences can leave lasting emotional scars that resemble other forms of abuse.



In essence: These comments strip away dignity, enforce harmful stereotypes, and cause real emotional and social harm.

Yes — the trauma dimension of this type of verbal abuse is very real, and it deserves to be taken seriously. When women are called things like “ran through,” it isn’t just an insult — it is a psychological attack that can leave lasting scars. Here’s how it unfolds in terms of trauma:

1.

Emotional Trauma

- Violation of dignity: Being reduced to a sexual stereotype is dehumanizing, and that feeling of being “less than” can linger long after the words are spoken.
- Chronic shame: Shame is one of the deepest drivers of trauma. When comments target a woman’s sexual worth, they go to the core of identity, leaving women feeling “dirty,” “broken,” or “unworthy.”

- Loss of innocence/trust: Harsh labels like this can shatter a person's sense of safety in relationships, communities, or even within their own body.
-

2.

Psychological Trauma

- Hypervigilance: Women may start scanning environments constantly, bracing for the next attack, similar to survivors of other forms of abuse.
 - Internalized oppression: Over time, repeated exposure can cause women to internalize these negative beliefs about themselves, leading to self-blame and self-hatred.
 - Reliving the wound: Like other trauma, these words can “stick,” replaying in the mind and resurfacing whenever intimacy, trust, or vulnerability arise.
-

3.

Social Trauma

- Public humiliation: Because these insults often carry reputational consequences, the trauma is magnified by the fear that others believe or repeat the insult.
 - Stigmatization: Trauma deepens when society validates the abuse by laughing at, echoing, or ignoring such comments.
 - Isolation: Many survivors withdraw socially because the pain of judgment becomes too heavy to carry in public spaces.
-

4.

Physical/Body Trauma

- Stress response overload: Verbal abuse activates the same stress systems as physical threats — cortisol spikes, heart rate increases, sleep is disturbed.
 - Health erosion: Over time, chronic stress can weaken immunity, increase risk for heart disease, and shorten lifespan.
 - Embodiment of trauma: Many women feel unsafe in their own bodies after being shamed this way, which can show up as tension, chronic pain, or dissociation.
-



Why it's uniquely traumatic:

Sexualized verbal abuse cuts to the root of identity, intimacy, and human worth. Unlike an insult about appearance or performance, these attacks target a woman's deepest sense of value, often in a way that feels irreversible. This is why such abuse can leave behind long-lasting trauma patterns, similar to other forms of emotional or even sexual abuse.

This kind of abuse doesn't just wound the individual woman — it ripples outward and damages society as a whole. When men (or anyone) use terms like “ran through” to shame and devalue women, several broader impacts emerge:

1.

Normalization of Misogyny

- Cultural acceptance of abuse: When such language becomes casual or normalized, society starts to accept disrespect toward women as “just how things are.”
 - Double standards reinforced: Men are often praised for sexual activity while women are degraded — perpetuating an unfair and harmful imbalance.
 - Dehumanization: Reducing women to sexual stereotypes erodes the basic principle that every human deserves dignity.
-

2.

Erosion of Healthy Relationships

- Distrust between genders: These narratives make it harder for men and women to trust one another, breeding suspicion and division.
 - Toxic masculinity: Men who use such terms reinforce harmful versions of masculinity rooted in dominance and disrespect, which also harms men themselves.
 - Barriers to intimacy: Healthy partnerships require equality and respect — slut-shaming language poisons the possibility of real connection.
-

3.

Community and Workplace Consequences

- Hostile environments: When these attitudes infiltrate schools, workplaces, or social spaces, women feel unsafe and unwelcome.
- Loss of talent and contribution: Women may withdraw from leadership roles, speaking up, or pursuing opportunities out of fear of being shamed.
- Cycles of silence: Others often remain quiet out of fear of being targeted themselves, which allows abusive behavior to spread unchecked.

4.

Generational Impact

- Teaching the next generation: Young boys learn that disrespecting women is acceptable, while young girls absorb the message that their worth is tied to sexual “purity.”
- Trauma passed down: Children raised in environments where women are belittled may inherit trauma patterns, continuing cycles of abuse.
- Distorted social values: Instead of valuing honesty, kindness, and contribution, society starts valuing women (and men) through a narrow and harmful lens of sexual judgment.

5.

Systemic Harm

- Gender inequality deepened: This type of abuse is part of the larger system that marginalizes women politically, socially, and economically.
- Public health impact: Chronic stress and trauma from such cultural norms contribute to widespread mental health struggles, reduced productivity, and even shortened lifespans.
- Weakening of community fabric: A society that tolerates degradation of women becomes more fractured, less compassionate, and less capable of collective healing.



In short: When women are demeaned, society itself becomes more hostile, divided, and unjust. Abuse at the micro level (words, insults) feeds systemic harm at the macro level (inequality, distrust, trauma across generations).



1. Pathway Toward Genocide

Genocide never starts with killing — it starts with words and attitudes. The United Nations framework on genocide prevention recognizes that dehumanizing speech is one of the earliest warning signs.

- Dehumanization of women: Calling women “ran through” reduces them to disposable objects, stripping them of individuality, dignity, and humanity. Once a group is viewed as “less than human,” violence becomes easier to justify.
- Control over reproduction: Genocide often involves policing women’s bodies — through forced sterilization, rape, or shaming women out of family life. Slut-shaming language plays into that by implying some women are “unfit” for motherhood or community respect.
- Cultural erasure: When women are stigmatized, entire family structures and cultural bonds weaken, feeding into broader systems that destroy communities.
- Normalization of abuse: If society shrugs at derogatory speech, it creates fertile ground for escalating harm — moving from insults → exclusion → violence → systemic extermination.

In other words: genocide begins when whole groups are symbolically killed through language, before physical killing ever occurs.



2. Pathway Toward

Suicide

On the individual level, these comments can push women toward self-destruction.

- Internalized shame: Hearing that you’re “used up” or “worthless” can cut so deeply into identity that it breeds hopelessness.
- Chronic trauma: Emotional wounds accumulate until a woman feels she has no safe place to exist.
- Isolation: Public humiliation pushes women out of communities, friendships, and workplaces, leaving them alone with their pain.
- Loss of future vision: If society defines you as broken or ruined, it can erase the ability to imagine a meaningful life ahead.

This is why suicide risk rises so sharply among people who experience gender-based violence, harassment, or sustained verbal abuse — because the attacks feel inescapable and identity-destroying.



3. The Bridge Between Them

The link between genocide and suicide lies in the shared mechanism of dehumanization:

- On the societal scale, language that demeans and reduces women enables policies or actions that erase them as a group.
- On the personal scale, the same language pushes women to erase themselves, believing society's judgment.

Both outcomes — genocide and suicide — are ultimate forms of destruction: one external, one internal.



In essence:

- Words like “ran through” are not harmless insults — they are early steps in the ladder of violence.
 - Left unchecked, they feed into a cultural climate where women are treated as disposable, leading some women to destroy themselves, and entire societies to destroy women as a group.
-

1.

Dehumanization as a Precursor to Violence

- Verbal stripping of dignity: Calling a woman “ran through” reduces her to a body, not a person.
- Gateway to objectification: Once a woman is seen as “used” or “less than,” it becomes easier to justify mistreating her physically, emotionally, or socially.
- Violence escalation model: Most femicide cases are preceded by earlier forms of abuse — verbal degradation, control, humiliation. This language is often a red flag.

2.

Entitlement and Control

- Possessive worldview: Men who use these terms often believe women's sexuality is something they "own" or that women exist to serve male desires.
- Punishment mindset: If a woman steps outside those boundaries, she is "shamed" with words. If shame doesn't work, escalation to violence may follow.
- Femicide logic: At its core, femicide is about control — "if I can't own you, I'll destroy you." The language already reveals that mindset.

3.

Link to Misogynistic Ideologies

- Incel culture / toxic masculinity: Communities that use terms like "ran through" often also normalize violence against women, even fantasizing about punishment.
- Slut-shaming as justification: The idea that a woman is "used up" makes it easier for some men to see her as disposable — disposable people are more likely to be harmed or killed.
- Historical parallels: Throughout history, devalued groups (whether women, ethnic groups, or others) were first insulted, then excluded, then attacked — femicide is part of that same pattern.

4.

Psychological Patterns

- Lack of empathy: Men who use such language already show a diminished ability to see women as full human beings with feelings.
- Anger displacement: Many carry resentment toward women (for rejection, independence, or imagined wrongs), and this resentment can spiral into violence.
- Control through fear: Verbal abuse is often used to instill fear; femicide is its ultimate, irreversible expression.



In short:

Men who habitually call women “ran through” are not just being disrespectful. They are practicing a form of dehumanization, entitlement, and domination — the same psychological roots that, under pressure, can escalate into physical abuse and even femicide.

Stay safe and out of the darkness of the harmer-spirit.