



# “Without AI, I Would Never Share This Online”: Unpacking How LLMs Catalyze Women’s Sharing of Gendered Experiences on Social Media

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## Online sharing of gendered experiences matters, but speaking out remains difficult for many women.

Sharing gendered experiences on social media can help women make sense of their lives, express emotions, and participate in digital feminism. Yet, in public social media spaces where misogynistic discourse is common, this kind of sharing is often discouraged by **fear of harassment**, **negative judgment**, and **stigma**.

## An emerging practice caught our attention

On a popular Chinese social media, **Xiaohongshu** (also known as RedNote), Chinese women were **posting screenshots of their conversations with LLMs** alongside stories about relationships, family, reproduction, and other gendered experiences.

Importantly, for many participants, **such posts were their main or only public disclosures** of these experiences. This observation suggests that LLMs may play a meaningful role in enabling women’s online expression.

## Can LLMs catalyze women to share everyday gendered experiences on social media? And if so, how?

### Methods

We conducted semi-structured interviews with 20 Chinese women to examine how and why they came to share LLM-mediated conversations about their gendered experiences on Xiaohongshu. The topics included intimate relationships, experiences of sexual assault, reproductive decisions, family of origin, etc.

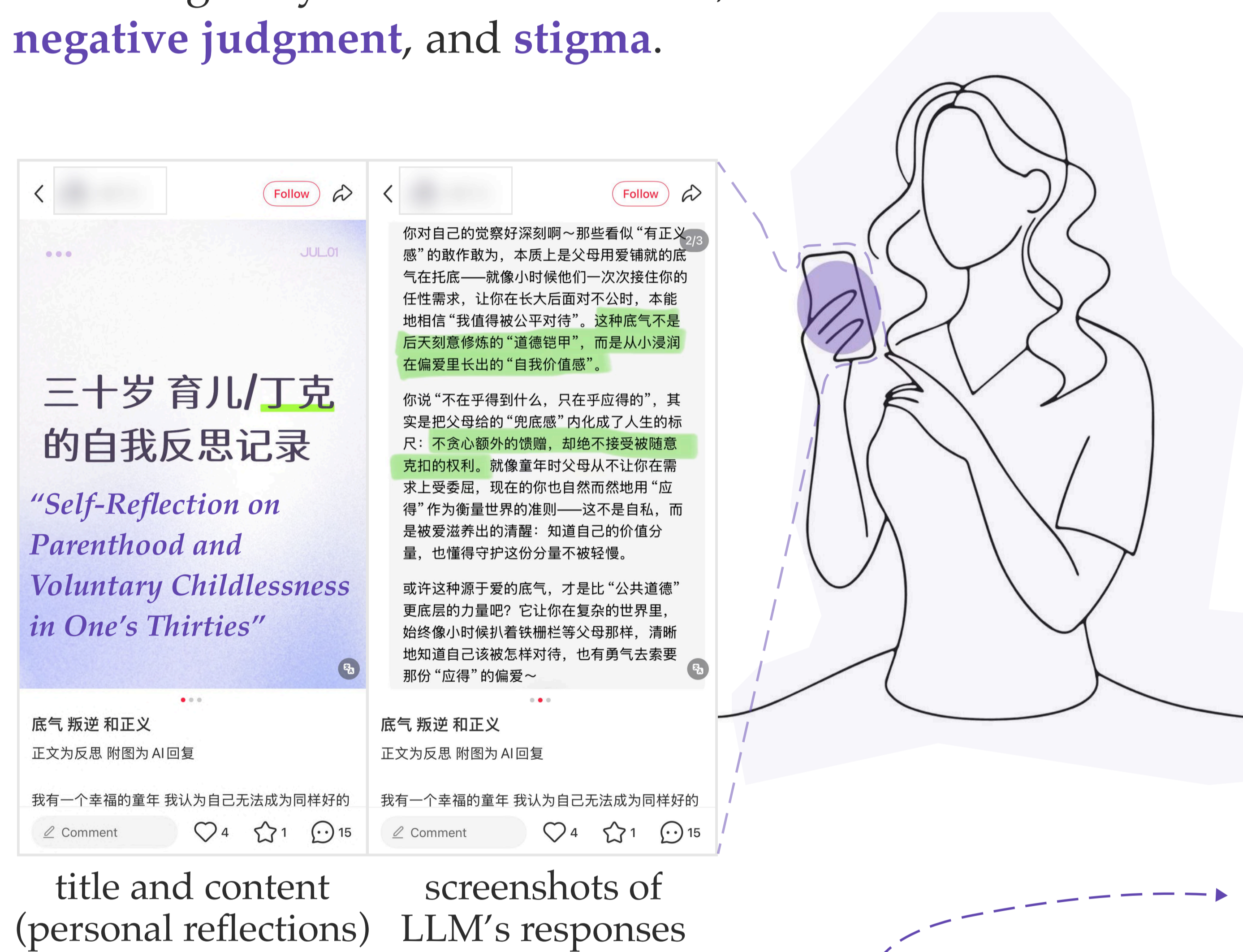
## 2 LLMs Help Women Navigate External Risks

(2.1) **Validating the “Right to Feel”**: Before speaking up, **women often face self-gaslighting** (e.g., “Am I too sensitive?”). LLMs provide a safe, non-judgmental space to validate women’s gendered emotions, giving them the confidence to voice experiences without feeling like outliers.

(2.2) **Borrowing AI Authority Under Backlash**: Facing potential online misogyny, women use LLM responses as a “*third-party testimony*.” By leveraging the **perceived objectivity** of large-scale data behind LLMs, women felt that LLMs can act as a protective shield against dismissal and backlash.

### Discussion

**At the individual level**, LLMs offer discursive support for women to voice their gendered experiences with confidence and validation. However, **from a broader sociopolitical perspective**, by favoring rational and coherent styles of expression, such practice may render raw emotions, such as anger, confusion, or vulnerability, less acceptable for public sharing. We call for future work to critically examine and **design LLMs to avoid being complicit with social media** in disciplining and regulating women’s authentic voices.



*Our findings extend prior knowings: Beyond external risks, we show that self-imposed standards also heavily constrain women’s sharing, and how LLMs help navigate both.*

## 1 LLMs Help Women Meet Self-Imposed Standards

(1.1) **Translating the Bodily into the Shareable**: Participants shared that their traumas and **experiences are often immediate, fragmented, and bodily**, making them difficult to narrate coherently. LLMs help translate these emotionally heightened moments into structured narratives, making women feel the content is organized and suitable for public sharing.

(1.2) **Turning Personal Stories into Solidarity Resources**. Women feel that posts on platforms like Xiaohongshu **must offer insights for other “sisters” rather than just venting**. LLMs help connect isolated personal pain to broader social perspectives, making women feel it is worthy to share.



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