

Teens and Covert abuse for Challenge Team

by

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*WomenSV – Overcoming coercive control by empowering survivors,
educating providers and raising public awareness*

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**TEEN DATING
VIOLENCE
AWARENESS MONTH**

1 in 3 

U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults



of U.S. college women report experiencing violent or abusive dating behaviors.

Source: Teen Dating Violence Awareness Month - love is respect



1 in 4

**dating teens
are abused and harassed online
or via text by their partners**



81%

**of parents believe teen dating
violence
is not an issue**

#TDVAM2020



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Agenda



What's WomenSV
about?



What's covert
abuse about?



What does it look
like in teens?



What can we do
about it?

Caveats and Qualifiers...

- Teacher, DV advocate
- Trainings
- 90% of victims are female (DOJ)
- Happens in same sex relationships as well
- “He” versus “she”
- No cost for services
- Survivors from many different racial and religious backgrounds
- Focus on survivors trapped in a relationship with a powerful, sophisticated covert abuser



Where we do trainings...

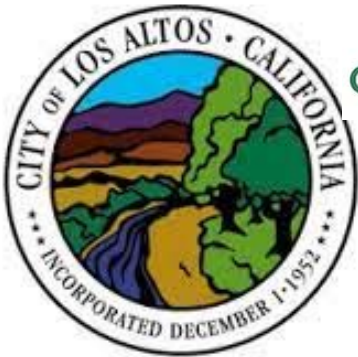


WomenSV's Community Partners

Town Crier



Holiday Fund



Los Altos • Mountain View
COMMUNITY FOUNDATION



www.womensv.org

WomenSV
(Women of Silicon Valley)
is a nonprofit dedicated to
empowering survivors, providers and the
community with education about covert
abuse and coercive control.

DONATE

Our mission:

to empower survivors, train providers and educate the community to break the cycle of covert abuse and coercive control in intimate partner relationships.

WomenSV survivors



WomenSV Survivors:

- Engineers
- Doctors
- Professors
- Lawyers
- Psychologists
- Entrepreneurs
- CEO's
- Religious leaders
- Stay-at-home parents

40% of WomenSV clients have experienced non-fatal strangulation.

Their Partners:

- Engineers
- Doctors
- Professors
- Lawyers
- Psychologists
- Entrepreneurs
- CEO's
- Religious leaders
- Stay-at-home parents

The Culture of Affluence

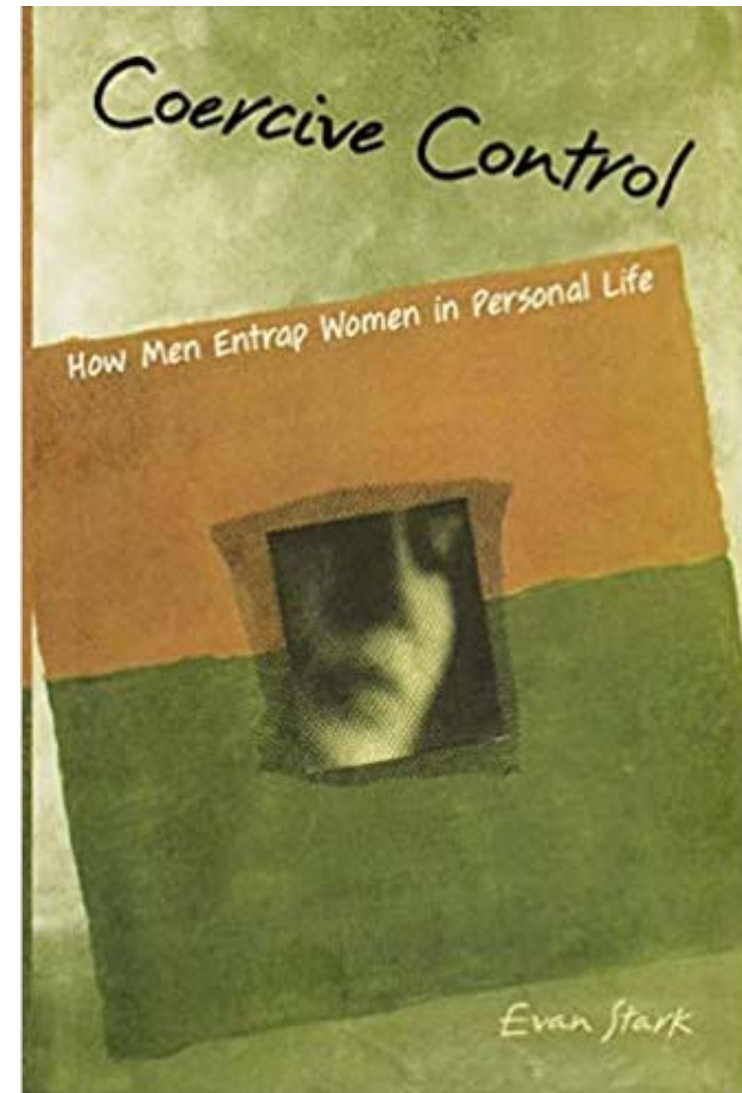


WHICH
IVY LEAGUE
SCHOOL SHOULD YOU GO TO?



Coercive control...

- A pattern of controlling, isolating, and threatening behavior.
- Examples: emotional, financial, legal, tech, emotional, sexual, physical abuse
- Ranges from gaslighting to strangulation
- Lethality risk
- Top 3 lethality risks: ending the relationship, owning a gun, coercive control
- “Liberty crime” re Evan Stark, Ph.D.
- Robs victims of their basic human right to peace and freedom, sense of agency, self-sufficiency, independence, sense of self
- Ultimate form of identity theft



In California, FC 6320

Coercive control...is a pattern of behavior that in purpose or effect unreasonably interferes with a person's free will and personal liberty.

Examples of coercive control include, but are not limited to, unreasonably engaging in any of the following:

- (1) **Isolating** the other party from friends, relatives, or other sources of support.
- (2) **Depriving** the other party of basic necessities.
- (3) **Controlling**, regulating, or monitoring the other party's movements, communications, daily behavior, finances, economic resources, or access to services.

FC 6320 continued

(4) **Compelling** the other party by force, threat of force, or intimidation, including threats based on actual or suspected immigration status, to engage in conduct from which the other party has a right to abstain or to abstain from conduct in which the other party has a right to engage.

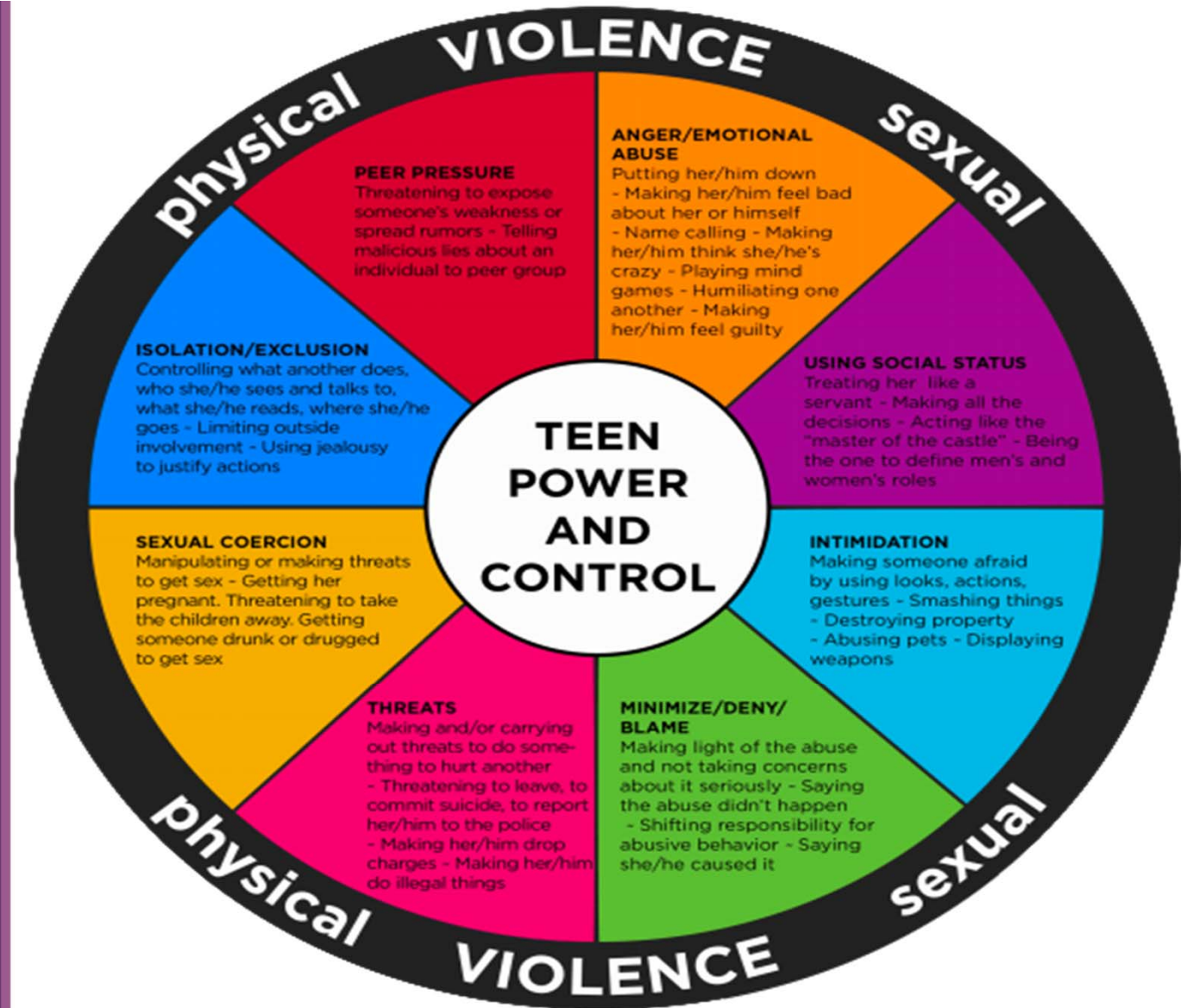
(5) Engaging in **reproductive coercion** which consists of control over the reproductive autonomy of another through force, threat of force, or intimidation, and may include, but is not limited to, unreasonably pressuring the other party to become pregnant, deliberately interfering with contraception use or access to reproductive health information, or using coercive tactics to control, or attempt to control, pregnancy outcomes.

Abuse is a learned behavior

Anyone can be a victim...



Power and Control



Overt coercive control

Verbal

- “I love you so much, if you ever leave me, I will hunt you down and kill you.”
- “If you leave me I will tell all your friends how crazy you are.”
- “Put this app on your phone/“Add me to find my friends so I know where you are.”
- “Tell me all your passwords.”
- “No, you are not going to spend a weekend with your friends.”
- “You can’t have any friends of the opposite sex on any of your social media.”
- “When I call you, you’d better pick up by the second ring.”

Physical

- Fist to the face
 - Knife to the throat
 - Death threats
- 

Gaslighting

Psychological manipulation of a person usually over an extended period of time that causes the victim to question the validity of their own thoughts, perception of reality, or memories and typically leads to confusion, loss of confidence and self-esteem, uncertainty of one's emotional or mental stability, and a dependency on the perpetrator

GASLIGHTING SOUNDS LIKE...



Covert abuse

- “I never touched your computer”
- “Here let me install that software for you.”
- “I love you so much baby, do you love me? Prove it. Send me a picture. One that shows how much you love me.”
- “Do you really think you’re ready to try out for that team?”
- “You don’t want to see me mad.”
- “You have no idea what I’m capable of.”
- In response to something she saw him do: “I would never do that.”
- In response to something she heard him say: “I would never say that.”
- “That’s not how it happened.”
- “You might want to consider talking to someone—you’ve been under a lot of stress lately.”
- Takes out his dad’s gun and starts cleaning it
- Silent treatment
- Road rage

What Does an Abuse Survivor/Victim Look Like?



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Gabby Petito



Diane Craig



Laci Peterson



Yeardley Love



Carmen Daou



Neha Rastogi



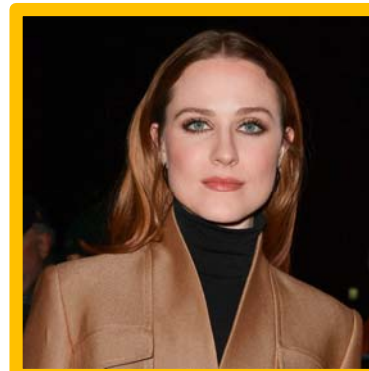
Senator Susan Rubio



Rihanna



Leslie Morgan Steiner



Evan Rachel Wood

Not all of them survive...



GABBY PETITO



Age: 22
Hair: Blonde
Eyes: Blue
Height: 5'5"
Weight: UNKNOWN

Gabby Petito was last seen on 8/25/21 in Grand Teton, Wyoming, heading for Yellowstone National Park. She was traveling in a white 2012 Ford transit van (pictured above), headed north, around the time of disappearance, however, we have received confirmation that she is no longer traveling in the van. It is unknown what Gabby was wearing at the time of her disappearance. Gabby does have "LET IT BE" tattooed on her right arm and a tattoo of a triangle with flowers on her left arm. If you have any information on the whereabouts of Gabby Petito, please contact the Suffolk County, NY Police Department on 1-800-220-8477.

What does a covert abuser look like?



Martin MacNeil, MD



Bob Bashara



George Huguely V



Scott Peterson



OJ



Brian Laundrie



"G"



Abishek Ghittani



Ray Rice



Chris Brown



Ed Daou

What Motivates a Covert Abuser?

- Power
- Social status
- Money
- Sex
- Winning
- Revenge
- Preserving public image
- Defeating/ dominating/ destroying their opponent



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MACHIAVELLIAN—NARCISSISTIC—PSYCHOPATHIC--SADISTIC

But they seemed so nice in the beginning! The slippery slope...

Grooming, charming, lovebombing

Checking in/popping up/blowing up your phone--stalking

Helping, suggestions—>pressure, demands, threats, monitoring, hacking

Asking for intimate images

Pressure for early intimacy

Questioning—>interrogating→grilling

Road rage

Comments about other females/family members/ex-partners

Teasing/mocking/jokes at partner's expense

Gaslighting

Silent treatment

Isolating

Controlling

Threatening

Punishing

Planting seeds

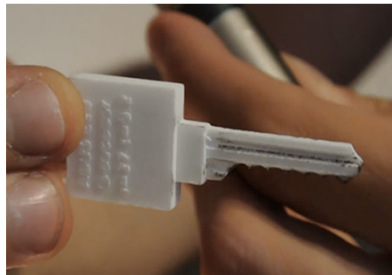
Stalking

DARVO

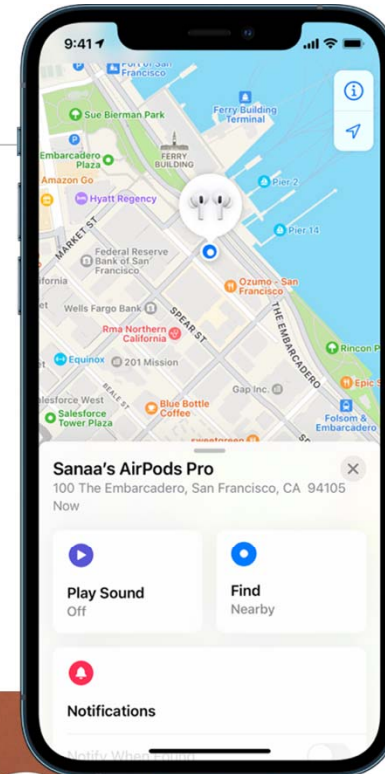
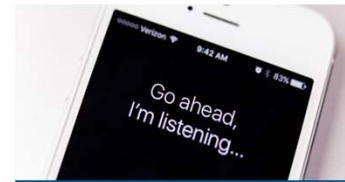
Attack



Tactics of the covert abuser...



camera



Sometimes you think your every move is being watched...

because it is...





Deep fake photos and videos

Revenge porn

...except it's not Tom Cruise



Emma Watson's head
superimposed on another body

Another lethality risk: stalking

- ❖ A pattern of harassing or threatening tactics that are unwanted and cause fear in the victim.
- ❖ Can be physical or technological, e.g., following or spying on victim.
- ❖ **80 % of DV victims killed by partner had been stalked prior** (Reid Meloy, Ph.D.)



Beware of “The Intimacy Effect”—Reid Meloy

STALKING

IT'S NOT AGAINST THE LAW IF I STAY ACROSS THE STREET

**1 IN 4 WOMEN AND
1 IN 13 MEN WILL BE
VICTIMS OF STALKING
IN THEIR LIFETIME.**

The Abuser's M.O.



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In order to escape accountability for his crimes, the perpetrator does everything in his power to promote forgetting. If secrecy fails, the perpetrator attacks the credibility of his victim. If he cannot silence her absolutely, he tries to make sure no one listens.

— *Judith Lewis Herman* —

AZ QUOTES

What's the end result?

- Isolated
- Brainwashed
- Beaten down
- Stripped of her self-esteem, freedom, happiness, money

Anxiety, depression, PTSD

“Death by a thousand cuts...”



Impact of DV and trauma on health(CDC)

- Depression and anxiety
- Drug/alcohol abuse, and smoking
- Behavior problems including antisocial behavior
- Thoughts of suicide
- Emotional, behavioral, cognitive (academic), and social/relationship problems, that can have a negative effect on health throughout life.

Are you
concerned about
someone?

Indicators

Changes in...

- School
- Friends
- Extra curricular
- Personality
- Appearance
- Communication

Starting the conversation...

“I’m concerned for your safety.”

“I’m concerned it’ll only get worse.”

“You’re not alone, I’m here for you.”

“You don’t deserve to be treated this way, no one does.”

“It’s not your fault.”

“Would you like me to share some resources with you?”

“The more you know, the safer you’ll be.”

“One place to start is: www.loveisrespect.org”

Questions to ask teens...

- Does ever use money or gifts to control you?
 - Is he very suspicious of your motives/activities?
 - Is he very jealous?
 - Do you feel like he is blaming you for everything?
- 

Questions to ask teens...

- Do you feel isolated ?
- Do you have to edit what you say for fear of setting him off?
- Do you spend a lot of time feeling like you are walking on eggshells?
- How do you feel after spending time together? Worn down, questioning yourself, worried, relieved that he's gone?
- When you try to give constructive feedback/talk to him about things he does that hurt/upset you/or try to set **boundaries**, does he punish you/over-react/blame you ?

More questions to ask...

- Do you hide things/lie/cover up to avoid "trouble"?
- Are you afraid to discuss certain topics with him for fear of making him mad?
- Do you feel there is an imbalance of power/"power struggle" in your relationship?
- Do you feel like he is trying to control you?
- Does he ever shame /humiliate you in front of others? Does he call you names/mock you/threaten you/emotionally attack or manipulate you in any way?
- Are you afraid of losing everything—your social status, your friends if you leave?

More questions to ask...

- Does he undermine your relationship with your friends in any way? Does he seem jealous or moody when you hang out with them?
- Does he yell at/insult/threaten/frighten them--or you in front of them? Are they afraid of him? Have they expressed any concern?
- Does he have a “Jekyll and Hyde” personality? Public vs. private face?
- Do you feel like you are “walking on eggshells” sometimes?
- Can he scare you or silence you sometimes just with a look?
- Does he have a drug or alcohol problem?
- Does he have access to a gun?
- Are you ever afraid of him?

Leaving an abuser: the most dangerous time!

- Most dangerous times for a victim of domestic violence:
 - when the perpetrator suspects she is planning to leave
 - in the act of leaving
 - after she has left
- 70% of all reported incidents of domestic violence take place after separation from the batterer.
- One reason she chooses to stay: FEAR of what the perpetrator has threatened to do

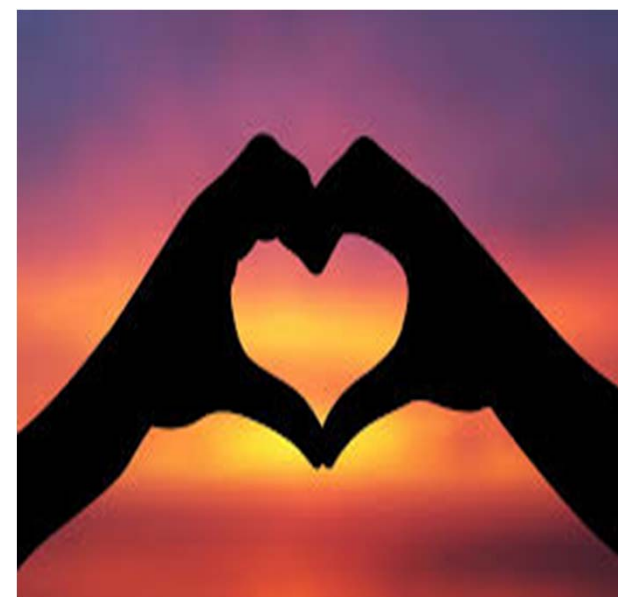
Make a safety plan*:

- Where can they go for help?
- Who can they call?
- Who can and will help them?
- How will they escape if the situation becomes violent?
- What can they do to increase their safety?
- How can they protect themselves against a potential smear campaign afterwards/
- See [womensv.org](https://www.womensv.org) for safety plan
- <https://www.loveisrespect.org/pdf/Teen-Safety-Plan.pdf>



Key takeaways to share with teens: #1

- Abuse is the opposite of love...
- Abuse is **never** your fault, you **never** deserve it.
- You deserve to be treated with respect **always**.
- You deserve to be loved.
- Love shouldn't hurt
- You don't have to stay in an abusive relationship.
- It's very hard to leave an abuser without support from friends, family and other resources.
- There are lots of resources that can help.



#2: People aren't always the way they appear...

Don't give everyone
the benefit of the
doubt

Listen to your gut—
especially if it's
telling you to back
away!

Have them earn
your trust.



Key takeaways to share with teens: #3

- Bad things sometimes happen to good people.
- Keeping secrets about being victimized is generally a bad idea.
- Asking for help is not a weakness, it's a strength.
- Try not to blame yourself, even if in retrospect you think you used poor judgement or made a mistake.
- If you did, take a number because almost all of us have, at one time or another.
- Remember, you're a **Survivor**!

#4: And even if things are not so great at home...

- This too shall pass
- We can learn from negative examples.
- We don't have to repeat what we grew up with.
- We can decide to do things differently.
- We can learn from other healthy adults (teacher, coach, mentor) how to treat someone we care about and how we deserve to be treated.
- We can find meaning in whatever trauma we experienced so that we end up being able to feel deeper empathy for the suffering of others having known it ourselves
- We don't have to become the thing we fear or hate



The good news: they get to choose their own destiny!

TRAUMA AND THE CROSSROADS: 3 PATHS

IMITATE/DOMINATE/
ABUSE POWER

INTEGRATE/OVERCOME/
SHARE POWER

IMITATE/SURRENDER/
LOSE POWER



TRAUMA



TRAUMA

Abuse is a learned
behavior.
But so is love...



FROM TRAUMA TO TRIUMPH

BY RUTH DARLENE, M.A.



COMING
SOON

Stay tuned for
WomenSV's
illustrated
e-manual coming
soon!

Check website for
updates and social
media:
www.womensv.org

Your opinion matters!

[WomenSV Survey](#)



Thank you!



www.womensv.org
Info@womensv.org

Resources--1

- **CHAC: 650-965-2020**
- **YWCA: 1.800.572.2782**
- **Shalom Bayit: 866-742-5667**
- <http://love-shouldnt-hurt.org>
- www.joinonelove.org
- www.nomore.org
- **Youth Crisis Hotline: 800-448-4663**
- **Teen Dating Violence Hotline: 877-923-0700**
- **LGBTQ Hotline: 415-333-HELP**



www.womensv.org
info@womensv.org

Resources--2

From Yeardley Love's family...

iTunes Preview

OverviewMusicVideoCharts

One Love My Plan

By Mongoose Projects

Open iTunes to buy and download apps.



[View in iTunes](#)

+ This app is designed for both iPhone and iPad

Description

Are you a college student? Does your partner or ex-partner do things that make you feel scared or unsafe? Or do you have a friend whose partner or ex-partner worries you? It can be hard to know if you are experiencing the typical "ups and downs" of a relationship, or if it's something more serious— maybe even unsafe.

[Mongoose Projects Web Site](#) [One Love My Plan Support](#) [...More](#)

What's New in Version 1.2

- Updated framework
- Revised the content in a few areas
- Updated PIN security

Danger Assessment catches the most extreme cases—watch out for other red flags!

BACA

- <https://bacaworld.org>
- <https://youtu.be/tuF3WqJUMKc>



Resources

- **LovelsRespect.org**
- 1-866-331-9474
- Text “loveis” to 22522
- <http://www.loveisrespect.org/>
- **The National Domestic Violence Hotline**
- 1-800-799-7233
- <http://www.thehotline.org/>
- **Bill Wilson Center**
- <https://www.billwilsoncenter.org>

National Sexual Assault Hotline

1-800-656-HOPE (4673)

National Sexual Violence Resource Center

www.nsvrc.org

Peace-It-Together

408-744-1009

info@peace-it-together.org

Resources

CHAC

(650)965-2020

<http://www.chacmv.org/>

Bill Wilson Center

(408) 243-0222; **24/7 Youth Hotline:** (888) 247-7717 to speak with a counselor over the phone.

http://www.billwilsoncenter.org/services/services_for_teens.html

Family & Children Services

(408)292-9353

<http://www.fcservices.org/>

LGBT resources

Family & Children Services LGBTQ Youth Space Program

(408)343-7940

<https://www.fcservices.org>

Outlet

https://www.chacmv.org/?page_id=575

CUAV

<https://www.cuav.org>

Trevor Project Lifeline

1-866-488-7386

Resources

- **National Center for Victims of Crime: Stalking**
- <http://www.victimsofcrime.org/help-for-crime-victims/get-help-bulletins-for-crime-victims/bulletins-for-teens/stalking>
- **Adolescent Counseling Services (ACS)**
- <http://www.acs-teens.org>
- **California Youth Crisis Line**
- 1-800-843-5200
- <http://www.youthcrisisline.org>

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- **National Domestic Violence Hotline :**
1-800-799-SAFE/1-800-799-7233
 - **Next Door Solutions to DV:** (408) 501-7550
 - **YWCA:** : (408) 295-4011
 - **Community Solutions for Survivors of DV:** 1-877-363-7238
 - **Asian Americans for Community Involvement / AACI:**
(408) 975-2739
 - **MAITRI:** 1-888-862-4874
 - **Community Overcoming Relationship Abuse / CORA (San Mateo Co.):**
1-800-300-1080
- 

-
- Online safety—resources for organizations:

<https://endtab.org>

- Superior Court Self Help Center/DV Restraining Order Clinic
(408) 882-2926; For quicker help...Email: www.scscourt.org
Click “Self-Help” then click “Free & Low Cost Legal Help” then click
“Self Help Question Form”
- Family Violence Prevention Fund: www.endabuse.org
- Danger Assessment for college students:
<https://www.myplanapp.org/home>

Resource Links



FC 6320 CA Family Law Code on coercive control:

https://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?lawCode=FAM§ionNum=6320

Los Altos Town Crier Column on Coercive Control

Part 1: <https://www.losaltosonline.com/news/sections/community/177-features/63517-invisible-abuse-coercive-control-violates-right-to-live-in-peace>

Part 2: <https://www.losaltosonline.com/news/sections/community/177-features/63553-confronting-domestic-violence-new-state-legislation-addresses-coercive-control>

Part 3: <https://www.losaltosonline.com/news/sections/community/177-features/63580-confronting-domestic-violence-the-tactics-of-covert-abusers>

Part 4: <https://www.losaltosonline.com/news/sections/community/177-features/63636-confronting-domestic-violence-the-impacts-of-coercive-control>

Part 5: <https://www.losaltosonline.com/news/sections/community/177-features/63677-confronting-domestic-violence-subtle-forms-of-abuse-wear-victims-down>

Part 6: <https://www.losaltosonline.com/news/sections/community/177-features/63710-confronting-domestic-violence-education-proves-best-form-of-protection>

Part 7: <https://www.losaltosonline.com/news/sections/community/177-features/63731-recognizing-the-warning-signs-of-coercive-control>

WomenSV Links

Website: www.womensv.org

Twitter: https://twitter.com/women_SV

Facebook: <https://www.facebook.com/WomenSV>

Instagram: https://www.instagram.com/women_sv/

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for Challenge Team

by
Ruth Darlene, M.A.
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