

Do Now

What is gaslighting and emotional abuse?



Ariel and Hamza have been dating for a year. Hamza is always wonderful to Ariel – in public. In private he can be very mean and yesterday, in a heated argument, he pushed her.

Hamza caught Ariel in tears, on the phone, telling her friend everything. 'Yeah, you tell her,' he sneered. 'Your mates have seen what I'm like, they're hardly gonna' believe that.'

Discuss: Why does Hamza think Ariel's friends won't believe her?



What do you think we mean when we talk about the terms 'gaslighting' and 'emotional abuse'?

I think when we talk about gaslighting and emotional abuse we mean.....


What is gaslighting and emotional abuse?



Learning outcomes:

Describe the meaning of gaslighting and emotional abuse and be able to identify situations where this is happening.

Identify what to do in these cases and where to find support.



Gaslighting: A way of manipulating someone using psychological methods to make them question their own sanity or powers of reasoning.

Emotional abuse: The pattern of behaviour in which the perpetrator insults, humiliates, and generally instils fear in an individual in order to control them.

We have seen here that, in public, Hamza displays a very different personality towards Ariel to the one he displays in private.

This would leave Ariel confused, upset, at risk, and wondering who the real Hamza is, possibly questioning her own ability to make a judgment. Ariel is being **emotionally abused**.

Ariel's friends are also being **gaslit** here, because they are being made to think a falsity for someone else's malicious purposes. Hopefully, they know Ariel well enough to see through this.



Did you know?

The term 'gaslighting' comes from a 1938 play and a later film called, 'The Gaslight', in which a husband manipulates his wife into thinking she has lost all sense and reason. It's still a really good watch.

<https://www.youtube.com/watch?v=0ToLfQU2xmg>

What is gaslighting and emotional abuse?



BELONG CARE ASPIRE SUCCEED

We will now find out more about the severity of gaslighting and emotional abuse, as well as some examples of how these can take place.

THORNDEN THREE READING!

This is an important topic and we never know when we will be in a situation where this information applies. Follow the text closely in your booklet.





What is Gaslighting?

Gaslighting is a form of psychological manipulation where someone makes another person doubt their own memories, feelings, or reality.

The abuser may:

1. Deny saying or doing something (even if it happened minutes ago).
2. Say the victim is “too sensitive” or “imagining things.”
3. Act convincingly so the victim begins to question their own perception.
4. Over time this can make the victim feel confused, anxious, and as though they are “going mad.”

What is Emotional Abuse?

Emotional abuse is behaviour that harms a person’s confidence, emotions, and sense of self-worth. It can include:

1. Constant criticism or name-calling.
2. Belittling and undermining the victim.
3. Isolation – cutting them off from friends and family.
4. Financial control – restricting their access to money and telling them they are “bad with finances.”
5. Using threats to maintain power.

These tactics can make the victim dependent on the abuser and less able to leave.



What is Gaslighting?

How to Recognise the Signs

Victims often:

1. Apologise constantly or feel responsible for the abuser's actions.
2. Doubt themselves and lose trust in their own judgment.
3. Feel cut off from friends or too anxious to reach out.

Abusers may:

1. Blame the victim for their own bad behaviour.
2. Shift blame onto stress, work, or others.
3. Claim they act this way "out of love or concern."

Getting Help and Support


1. Communicate your concerns if it's safe – but be aware the abuser may react badly or escalate.
2. Stay connected to friends and family – they can give support and an outside perspective.
3. Seek professional help – therapists and counsellors can help victims understand the abuse and plan to stay safe.
4. Reach out to charities and helplines – they can offer advice, practical support and safety plans.
5. If you are in danger, go straight to the police or a domestic abuse service.
6. Cutting off friends can leave you isolated and without help.
7. Keeping trusted connections can be a lifeline when you need to leave an abusive situation.

Now answer the questions in your booklet.

1. What is gaslighting, and how does it manifest in interpersonal relationships?
2. Provide an example of gaslighting, highlighting the impact it can have on the victim's perception of reality.
3. How would you define emotional abuse, and what are some common behaviours associated with it?
4. Explain the concept of financial control as a form of emotional abuse, using an example to illustrate its impact.
5. What role does isolation play in emotional abuse, and how can it contribute to the abuser's control over the victim?
6. In the context of gaslighting, how might an abuser create confusion and make it difficult for the victim to trust their own judgment?
7. What are some emotional and psychological effects that victims of gaslighting and emotional abuse may experience over time?
8. Why is communication considered an important strategy for victims, and what challenges might they face when confronting the abuser?
9. How can building a support network outside of the abusive relationship contribute to a victim's ability to break free from the cycle of abuse?
10. Why is seeking professional help essential for individuals experiencing gaslighting and emotional abuse, and what role can therapists or counsellors play in the healing process?



will be a ~~summary~~ of charities and supported options for help at the end of today's PowerPoint. Help and support from external agencies is a critical component of overcoming gaslighting and emotional abuse. Therapists and counsellors specialising in domestic violence can guide victims in understanding the dynamics of the abuse, developing coping strategies, and regaining control over their lives. Additionally, support organisations can offer resources and assistance in creating safety plans for those seeking to leave an abusive relationship.



Questions:

1. What is gaslighting, and how does it manifest in interpersonal relationships?
2. Provide an example of gaslighting, highlighting the impact it can have on the victim's perception of reality.
3. How would you define emotional abuse, and what are some common behaviours associated with it?
4. Explain the concept of financial control as a form of emotional abuse, using an example to illustrate its impact.
5. What role does isolation play in emotional abuse, and how can it contribute to the abuser's control over the victim?
6. In the context of gaslighting, how might an abuser create confusion and make it difficult for the victim to trust their own judgment?
7. What are some emotional and psychological effects that victims of gaslighting and emotional abuse may experience over time?
8. Why is communication considered an important strategy for victims, and what challenges might they face when confronting the abuser?
9. How can building a support network outside of the abusive relationship contribute to a victim's ability to break free from the cycle of abuse?
10. Why is seeking professional help essential for individuals experiencing gaslighting and emotional abuse, and what role can therapists or counsellors play in the healing process?



So, what are the signs someone might even be gaslighting you and how would you handle this? Let's investigate. <https://www.youtube.com/watch?v=1RC1-SPJChk>



It becomes easier to manipulate a target (the victim). True or false?

Are victims always aware the gaslighting is happening?



What kind of people or groups are likely to use gaslighting as a tactic?

What should we focus on if we think we are being gaslit?

What is projecting?

Why do gaslighters use people who are important to you against you?

How can we help ourselves avoid such people and situations?

Let's go through our answers together:



It becomes easier to manipulate a target (the victim). True or false?

True

Are victims always aware the gaslighting is happening?

No – we have looked at the ‘frog in the pot’ analogy before, and this also applies here.

What kind of people or groups are likely to use gaslighting as a tactic?

Narcissists, psychopaths/sociopaths, cult leaders, dictators, people who lie. Unfortunately, it's often intelligent individuals.

What should we focus on if we think we are being gaslit?

Actions rather than their words, as they often lie.

What is projecting?

Accusing someone else of having a problem that they themselves actually have

(such as substance abuse, or cheating).

Why do gaslighters use people who are important to you against you?

They know they are important to you and their opinions matter, so they use this power to manipulate you. They may also try to isolate you.

How can we help ourselves avoid such people and situations?

Be aware of the red flags, talk to other people outside of the relationship. Have a strong confidence in your own instincts. If it doesn't feel right, it probably isn't.



What is gaslighting and emotional abuse?



Useful helplines and charities:

Childline. Support for people under 19 in the UK. Call: 0800 11 11

Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544

Teen Line | Teens Support hotline - Connect, talk, get help! Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.themix.org.uk/sex-and-relationships> Relationships advice for young people

SANE. National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

Samaritans. Samaritans provide 24-hour online and phone support to people in distress.

Call: 116 123





Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>