

REAL TALK

Real Answers to Real Questions from Real Teens

My boyfriend is verbally abusive and the things he says to me make me feel insecure and upset. What should I do?

There are two ways to fix this problem. First, even if you feel that you can forgive his behavior and that your relationship is worth mending, you should not do so alone.

Your boyfriend, or for that matter any abuser, must want to change and take action by getting help.

(www.verbalabuse.com).

Your other option is to completely remove this person from your life, or at least cease regular contact. Be quick and clean with your break up - a semi-public location is best. Move on and ignore any attempts to contact you. Don't respond to texts, calls or e-mails! If he persists then legal action might be necessary.

To get more information about how to successfully cope with issues today's teens face, please contact:

Redemption Outreach Ministries International, Inc. (ROMI)

P.O. Box 24072

Jackson, MS 39225

601 988 1330

www.romi-inc.org