



Teenhelp

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Domestic Abuse - My parents won't talk about it

Q. Why won't my parents talk to me about what is happening? It's like they think I don't know.

A. Sometimes parents think they are protecting their children and young people by not talking, but we know this is not the case. It is good to talk to your non-abusive parent and let them know how you are feeling. You have a right to be listened to and to be involved in decisions about your life. Talking to your non-abusive parent may help them to make good decisions for the family.

