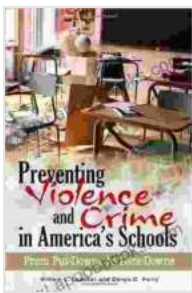


From Put Downs to Lock Downs: The Essential Guide to Overcoming Verbal Abuse

Verbal abuse is a serious problem that can have devastating effects on its victims. It can lead to depression, anxiety, low self-esteem, and even physical health problems. If you are a victim of verbal abuse, it is important to know that you are not alone and that there is help available.



Preventing Violence and Crime in America's Schools: From Put-Downs to Lock-Downs by William L. Lassiter

★★★★★ 5 out of 5

Language : English

File size : 1974 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 227 pages



From Put Downs to Lock Downs is the essential guide to overcoming verbal abuse. This book provides practical advice and support for victims of verbal abuse, as well as their friends and family.

In this book, you will learn:

- What verbal abuse is and how to recognize it
- The effects of verbal abuse on its victims
- How to cope with verbal abuse

- How to get help for verbal abuse

From Put Downs to Lock Downs is an invaluable resource for anyone who is dealing with verbal abuse. This book will help you to understand the problem and to take steps to overcome it.

What is Verbal Abuse?

Verbal abuse is any type of communication that is intended to hurt or control another person. It can include:

- Name-calling
- Insults
- Threats
- Criticism
- Humiliation
- Ridicule

Verbal abuse can be very subtle, or it can be overt and aggressive. It can occur in any type of relationship, including romantic relationships, family relationships, and friendships.

The Effects of Verbal Abuse

Verbal abuse can have a devastating impact on its victims. It can lead to:

- Depression
- Anxiety

- Low self-esteem
- Post-traumatic stress disorder (PTSD)
- Physical health problems, such as headaches, stomachaches, and fatigue

Verbal abuse can also lead to relationship problems, job loss, and financial difficulties.

How to Cope with Verbal Abuse

If you are being verbally abused, it is important to take steps to protect yourself. Here are some tips:

- Recognize the abuse and identify the abuser
- Set boundaries and limits with the abuser
- Document the abuse
- Seek support from friends, family, or a therapist
- Take care of yourself physically and emotionally

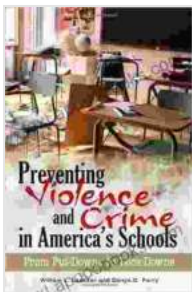
It is also important to remember that you are not alone. There are many people who have been through similar experiences and who can offer support and guidance.

How to Get Help for Verbal Abuse

If you are being verbally abused, there is help available. Here are some resources:

- The National Domestic Violence Hotline: 1-800-799-SAFE (7233)

- The National Child Abuse Hotline: 1-800-4-A-CHILD (422-4453)
- The National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- The National Council on Child Abuse and Family Violence: 1-800-394-3366
- The National Domestic Violence Hotline website:
<https://www.thehotline.org/>
- The National Child Abuse Hotline website: <https://www.childhelp.org/>



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