

# Celebrity News: 'Teen Mom OG' Star Amber Portwood Is 'Learning More' About BF Amid Cheating Post



By [Emily Green](#)

In the latest [celebrity news](#), 'Teen Mom OG' star Amber Portwood is learning more about her boyfriend Andrew Glennon after a fight between the two that lead to Portwood's arrest on July 5, according to *UsMagazine.com*. This [celebrity couple](#) has been together since 2017, and share a fourteen-month-old son. Since the fight, Portwood has posted cryptic messages on her Instagram which have now been deleted, one of which said,

“Cheating is a choice, not a mistake.”

## **In celebrity news, Amber Portwood is resorting to cryptic social media posts to voice cheating accusations. What are some things to avoid on social media to save your relationship?**

### **Cupid's Advice:**

Social media is a double-edged sword—many love to use it to share what's been going on in their lives, but it also opens a door for people to insert their opinions on everyone's lives. Here are some of Cupid's tips on what to avoid on social media to try and save your relationship:

**1. Block words you don't want to see/hear:** One nifty thing about social media is you can always filter out what words you don't want to hear. Blocking any words you know will make you upset, or put negative thoughts into your head, you can stay level-headed and think about your relationship and how you view it.

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**2. Stay out of your mentions:** If your relationship is public, many people will try to comment their thoughts and opinions on your relationship, what your partner has done, what you have done, and so on. Don't pay attention to anyone that includes you in their messages because they don't know what your relationship is like. You are the only one who can really know how your relationship stands.

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**3. Just stay off social media:** Delete your apps on your phone for a bit, give yourself some room to breathe. By not posting anything about your relationship yourself, you won't send out that invitation for others to feed into any drama. You can relax and work out any issues with your significant other without people who aren't involved trying to give their two cents.

**What are some other things to avoid on social media to save your relationship? Let us know in the comments below!**