

# Notre Dame Star Manti Te'o's Real Ex-Girlfriend Speaks Out



By Meghan Fitzgerald

The Manti Te'o [girlfriend](#) hoax story has been constantly in the news since [Deadspin](#) released the first article reporting the entire [relationship](#) was bologna. Te'o's ex-girlfriend Alexandra del Pilar is a Junior at a Notre Dame sister school who says nothing but kind words about Te'o. According to [People](#), she states that he is kind and gentle, and loved Lennay Kekua. When Te'o called Pilar to tell the [truth](#) about the hoax, she couldn't believe it. She still believes that he had nothing to do with the 'catfishing' scenario and genuinely loved Kekua.

**What are some ways to stand up for your partner in the face of controversy?**

**Cupid's Advice:**

There will always come a time when your partner will be in trouble and it is necessary for you to stand up for them no matter the circumstance. In the face of controversy, it is challenging to know what steps to take. Fortunately, once you love someone, you will do anything possible to help them out. Here are some ways to stand up for your partner:

**1. Tell the truth:** Telling lies in the midst of controversy is never a great idea. When you are standing up for your partner, simply tell the truth. Even if the truth isn't flattering for your [partner](#), it is essential that you speak wisely and honestly. People will respect that you told the truth; even if it's in the face of controversy, it's honest.

**2. Express love:** *The Beatles* said "All you Need is Love," which is entirely true! By expressing your love for your partner, you are showing the world that even though they may express deviant behavior, you will always be on their side. This is also key for your partner, as they will know how much you truly [love](#) them.

**3. Fight on:** When your partner is facing an issue, it is best to put on your suit of armor and fight on. There will be a lot thrown at you that you will not like, but you have to realize that you and your partner will inevitably get through this speed bump in your [relationship](#).

**Have you ever stood up for your partner in the face of controversy? Share below!**