

[Link to the podcast](#)

★ **What is dating violence?**

- ★ Dating violence is a pattern of physical and/or controlling behaviors that one person uses against another in order to have power and control in a relationship.

★ **What is domestic violence?**

- ★ Domestic violence is when a person that's close to you or that is dating you physically, verbally, emotionally or psychologically hurts or abuses you.

★ **What are signs of domestic violence?**

- ★ cruel or mean words
- ★ Words of threats
- ★ Forced sex

★ **A person experiencing domestic violence may have anxiety, agitation, stress**

★ **How can I tell if an unhealthy relationship is happening?**

- ★ You can tell a relationship could be toxic or unhealthy when you constantly argue, when at least one person is Dishonest, you feel unhappy, the relationship isn't really that enjoyable and you also might not like seeing the other person.

- ★ A person getting jealous for no reason

★ **Signs you could be in a toxic or unhealthy relationship**

★ **Your significant other is unfaithful**

★ **Lying**

★ **Cheating**

★ **Your significant other is making fun of you or talking negatively about you**

★ **What is a healthy relationship?**

- ★ A healthy relationship is when they both are honest, understanding, trust each other and talk about everything, and make the effort to understand each other. You also enjoy each other's company. Usually healthy relationships seem to work out and go smoothly.

And by the way, the domestic violence hotline is 800-799-7233 it says online you could call that number 24/7.

★ **What should I do if I'm in a toxic relationship?**

- ★ You should always try to talk to your partner about things
- ★ If I'm in a toxic relationship I could tell a friend or family member that you trust and can talk to.
- ★ If it gets bad you could just take a break
- ★ Get relationship therapy
- ★ The best advice is to just leave!

★ **What should I do if I see my friend in an unhealthy or toxic relationship?**

- ★ Tell them they are in an unhealthy or toxic relationship
- ★ Ask how things are going between the two

★ What should I do if I experience domestic violence?

★ If you need help right away and are in danger, call 911.

★ If you or someone you know is being abused, talk to an adult you or your friend can trust a family member or a trusted teacher

By the way if you're wondering I got most of my information from

<https://www.healthline.com/health>

Thanks for listening to my short video on domestic violence, unhealthy relationships and what a healthy relationship looks like online

And i'm sure there is a lot more information about domestic violence, unhealthy relationships and what a healthy relationship looks like online