



***Basava Jonnala is a recent college grad.***

I haven't experienced domestic abuse first hand but I have close friends who have had experienced abusive relationships. I've seen many people use threats of self-harm or emotional blackmail to keep their significant others in control. Abuse may not all the time physical, it can be mental or psychological abuse. In today's digital age, dating violence can be perpetuated through technology. Many times victims of emotional or psychological abuse, feel trapped and find it difficult to seek help. This toxic behavior, in the end, may escalate to physical violence and other forms of abuse. Partner violence is a serious problem that is harmful for the entire society. It is high time all of us especially youth talk about this problem and try to find a solution.

In my opinion, to prevent partner abuse or toxic relationships we have to work as a group. As friends, family members or even as strangers we need to support someone who needs help. We have to create a sense of community ownership to this problem, we must try to identify the social conditions, language and actions that instigate partner violence. Unless we engage our entire community in raising awareness, we cannot stop this epidemic.