

ABSTRACT

Toxic relationship is a relationship that causes an unhealthy impact, both physically and mentally. People involved in harmful relationships can experience depression due to poor psychological and liver conditions. The victim can also hate themselves because of the negative treatment their partner gives them. This leads to physical and mental conditions that can cause internal conflict, which can lead to depression and anxiety. Sometimes, teenagers do not realize that they are trapped in an unhealthy relationship, but they choose to continue it.

The research method used is a qualitative method with data collection techniques through interviews, observations, and literature studies. The design of a self-help visual book is an educational media for teenagers, especially women, which aims to educate teenagers to increase their self-awareness and avoid and avoid unhealthy relationships. This media discusses the definition of dangerous relationships to healthy relationships. In addition to helping the delivery process, illustrations are included to attract readers' attention.

Keywords: Toxic Relationship, Teenager, Self-help book