

Women's Aid launches Too Into You podcast to help young people recognise healthy love and red flags **(<https://www.activelink.ie/node/114087>)**

Women's Aid has launched the Too Into You podcast, aimed at empowering young people to identify healthy relationships, and spot the red flags of abuse.

With 1 in 5 young women in Ireland experiencing abuse from a current or former partner, there is an urgent need for clear, supportive conversations about what constitutes healthy love and what crosses the line into control and abuse.

The Too Into You relationship quiz was taken by almost 20,000 people in 2024, which clearly shows that young people in Ireland are increasingly concerned about the health of their relationships.

Too Into You Project Coordinator, Mary Hayes says: "Too Into You is more than a podcast, it is a platform for real conversations that help young people understand that love should lift you up, not hold you back. By providing honest and expert insights, real-life stories, and practical tools, we hope to empower young people to make choices that prioritise their safety and well-being. We hope that the Too Into You podcast will help listeners recognise red flags early on and celebrate the signs of truly healthy relationships. We believe that by fostering these conversations, we can create a safer, more supportive future for everyone."

Episodes of the Too Into You podcast will explore topics ranging from coercive control and emotional abuse to understanding what genuine, respectful love should feel like.

The series will feature candid discussions with experts, as well as personal narratives from influential voices such as content creator Keelin Moncrieff and survivors like Jody Duggan, who shares her very personal and inspirational story.

Ms Duggan said: "Being part of the Too Into You podcast has given me a voice to share my story. I hope that by speaking openly about my experience, I can help others spot the warning signs of abuse. I want young women to know that love should empower you, not confine you."

The Women's Aid's Too Into You Project is a national initiative dedicated to teaching young people the difference between healthy and unhealthy relationships. This critical work equips young people with the knowledge to identify red flags, set healthy boundaries, and find support when they need it through Women's Aid's dedicated website for young people, [toointoyou.ie](http://www.toointoyou.ie) (<http://www.toointoyou.ie>).

The Too Into You podcast is available now [here](https://www.toointoyou.ie/podcast/) (<https://www.toointoyou.ie/podcast/>) and on all major platforms, including Spotify and Apple Podcasts. Women's Aid invites everyone to listen, share, and join the conversation on building relationships that empower rather than control.

Region

Nationwide

[Too Into You podcast \(https://www.toointoyou.ie/podcast/\)](https://www.toointoyou.ie/podcast/)

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