atom shows if it has been **oxidized** or **reduced** during a reaction.

Oxidation; "an increase in oxidation number" or losing electrons and becoming more positive.

Reduction; "a decrease in oxidation number" or gaining electrons and becoming more negative.

Example

- 2Na + Cl₂ ---> 2NaCl
- The Na starts with an oxidation number of 0 (It is in its elemental form and is not an ion). Once bonder in the compound NaCl, it's oxidation number is +1. It has increased in oxidation number and so has been oxidized.
 - The Cl starts with an oxidation number of 0 (It is also in its elemental form and is not an ion).
 Once bonded, it's oxidation number is -1. It has decreased in oxidation number and so has been reduced.