

Staying Safe While Dating Online & In Person



Dating apps and online platforms can be a great way to meet new people, but safety should always come first. Here are three key ways to protect yourself...

The Three Quick Dating Safety Tips

TIP #1: Keep Personal Details Private

- Avoid sharing your full name, home address, or workplace early on.
- Use different profile pictures than your social media accounts to avoid easy tracking.
- Be cautious about sharing phone numbers or social media until you feel comfortable.

TIP #2: Trust Your Instincts (or Seek Outside Input)

- If something feels off, take a step back and assess the situation.
- Be mindful of red flags like love bombing, inconsistent stories, or pressure to share personal details.
- If trusting your instincts is tricky, talk to a trusted friend or support person for guidance.

TIP #3: Meet in a Safe Place

- Always meet in a public space for the first few times.
- Tell a friend your plans and check in with them before and after the date.
- Arrange your own transportation so you have control over when

Activity: Safe or Unsafe

Read each scenario and decide if it's a safe or unsafe dating situation. Then, write down what you could do differently if it's unsafe.

Scenario 1: Alex just matched with someone on a dating app. Within an hour, they are asking for Alex's phone number and personal Instagram. Safe or unsafe? What could Alex do?

Your answer: _____

Scenario 2: Taylor is planning to meet someone from an app for the first time. They choose a busy coffee shop, tell their best friend where they're going, and plan their own way home. Safe or unsafe? Why?

Your answer: _____

Scenario 3: Jordan feels unsure about a new match's behaviour but struggles to recognize red flags. They check in with a friend, who points out some concerning signs. Safe or unsafe? How can Jordan use this support?

Your answer: _____

Activity Answers

Scenario 1 Answer: Unsafe. Sharing personal contact details too quickly can put Alex at risk. Instead, Alex could continue chatting on the app until they feel more confident about the person's intentions.

Scenario 2 Answer: Safe. Taylor has taken several precautions, including meeting in a public place, informing a trusted friend, and maintaining control over their transportation.

Scenario 3 Answer: Safe. Seeking a second opinion is a great way to navigate dating safety. Jordan can use this feedback to make an informed decision about whether to continue engaging with the match or set firmer boundaries.

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