

DATING/FIRST DATE

If you're connecting online, it's important to be aware of the risks.

Learn about dating apps and set up your profile for safety. Check out [eSafety.gov.au](https://www.esafety.gov.au) to get started.

When it's time for the first date, these tips can help keep you safe.

Location

Meet and remain in a busy public place. Organise your own transport.

Tell someone

Share your plans with someone you trust. Tell them who you are meeting and let them know if anything changes.

Be cautious

Learn about dating apps. Keep the first date brief. Stay sober/alert.

If in doubt, get out!



Location

- When meeting someone for the first time, head to well-lit, busy public places.
- If it's a long-distance date, let them come to you first (you are in familiar places). Have them stay in a hotel, not with you.
- Always arrange your own transport to and from the date, don't rely on them.
- Share your live location with friends/family. Think! If anything goes wrong, does someone I trust know where I am?

Tell someone

- Plan and share details of your first date with someone you trust; send a profile picture and the name your date is using. Advise your trusted person when they can expect to hear from you and keep them informed of any changes.
- Have a friend call you at a specific time so that you have an 'out' if you need one.

Be cautious

Before the date

- Not everyone you connect with will be honest, even if they are a 'friend of a friend'.
- Learn how your dating app verifies members' identities and how to tell which profiles have a verified identity if it's voluntary.
- Do a Google reverse image search on your date's profile picture or photo to check for authenticity.
- Consider installing and using a personal safety app on your phone.
- Make sure your phone is fully charged.

When you're on a date

- Keep the first meeting short and simple; a café meet up is ideal.
- Stay clear-headed so you can think, plan and react if you have to.
- Keep an eye on your drink. Drink spiking can happen to anyone.
- Don't over share information about yourself,

family or friends on the first date.

- Don't have them back to your place or let them drive you home afterwards.

If in doubt, get out!

- If something doesn't feel right, then it's probably not. Trust your instincts.
- It's OK to leave. You do not have to stay or provide personal details.

Report suspicious behaviour to police on 131 444 or anonymously through Crime Stoppers. Call Triple Zero (000) in an emergency.

If you or someone you know needs help because of domestic violence contact police, or if you don't want to talk to police, talk to someone else like 1800RESPECT.

