



Safe Dating Tips

1. Choose to meet your date at a busy location so that you are not alone with your date until you are absolutely comfortable with them.
2. Ask friends to sit at a nearby table or to call you at a predetermined time, so they can check on your safety.
3. Tell a friend where you are going, who you are with, and what time you intend to go home. Having someone keep an eye out for you when meeting someone new is common sense.
4. Stay alert and don't consume too much alcohol. When we drink we can become over confident and even lose our self control. It's important to have fun but try to keep a clear head!
5. Don't leave your drink unattended and try to buy your own drinks. You can never be too cautious and it is easy for people to slip something into your drink!
6. Don't get in a car with someone on a first date or accept a lift home or go back to your date's house with them. Have a pre-planned way home, whether this is a pre-booked taxi or being picked up by a friend. Remember you can always arrange a second date.
7. Meeting people online is becoming increasingly popular, however it's important to remember that on a blind date, you don't know anything about your date so be cautious until you get to know the person better.
8. Do not get involved with a person until you know them a lot better, there is always the chance they are not who they say they are!
9. Carry a personal attack alarm, these can be disguised as keyrings and other items and could save you from having a nightmare night.
10. And finally, TRUST YOUR INSTINCTS - if a person makes you feel uneasy then make an excuse, leave safely, don't give your personal details and don't arrange a second date!

