


RAINN

SPEAKERS BUREAU

ONLINE DATING SAFETY TIPS

Connecting Online

WHEN



USE DIFFERENT PHOTOS FOR YOUR DATING PROFILE. **RAINN TIP**

It's easy to do a reverse image search with Google. If your dating profile has a photo that also shows up on your Instagram or Facebook account, it will be easier for someone to find you on social media. Use different photos on your dating profiles and your social media so matches can't look you up.

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CHECK OUT YOUR POTENTIAL DATE ON SOCIAL MEDIA. **RAINN TIP**

You may want to look up your match's name or social media handles to make sure they aren't using a fake social media account to create their dating profile. Your date may check out your accounts as well, so set your social media privacy settings to only show information that you feel comfortable sharing.

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BE WARY OF SUSPICIOUS PROFILES. **RAINN TIP**

If the person you matched with does not have a bio or has only posted one photo, it may be a fake account. It's important to use caution with a person you have so little information about.

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BLOCK AND REPORT SUSPICIOUS USERS. **RAINN TIP**

You can block and report another user if you feel their profile is suspicious or if they have acted inappropriately toward you. This can often be done anonymously before or after you've matched. As with any personal interaction, it is always possible for people to misrepresent themselves. Trust your instincts about whether you feel someone is representing themselves truthfully or not.

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WAIT TO SHARE PERSONAL INFORMATION. **RAINN TIP**

Never give someone you haven't met with in person your personal information, including your: social security number, credit card details, bank information, or work or home address. Dating apps and websites will never send you an email asking for your username and password information, so if you receive a request for your login information, delete it and consider reporting.

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WHEN



DON'T RESPOND TO REQUESTS FOR FINANCIAL HELP. **RAINN TIP**

No matter how convincing and compelling someone's reason may seem, never respond to a request to send money, especially overseas or via wire transfer. If you do get such a request, report it to the app or site you're using immediately.

For more information, check out the U.S. Federal Trade Commission's tips on avoiding online dating scams.

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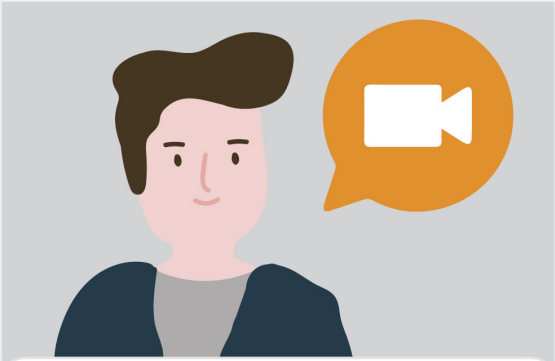
Meeting In Person

WHEN

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MEETING IN PERSON

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VIDEO CHAT BEFORE YOU MEET UP IN PERSON.

RAINN TIP

Once you have matched with a potential date and chatted, consider scheduling a video chat with them before meeting up in person for the first time. This can be a good way to help ensure your match is who they claim to be in their profile. If they strongly resist a video call, that could be a sign of suspicious activity.


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MEETING IN PERSON

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TELL A FRIEND WHERE YOU'RE GOING.

RAINN TIP

Take a screenshot of your date's profile and send it to a friend. Let at least one friend know where and when you plan to go on your date. If you continue your date in another place you hadn't planned on, text a friend to let them know your new location. It may also be helpful to arrange to text or call a friend partway through the date or when you get home to check in.


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MEETING IN PERSON

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MEET IN A PUBLIC PLACE.

RAINN TIP

For your first date, avoid meeting someone you don't know well in your home, apartment, or workplace. It may make both you and your date feel more comfortable to meet in a coffee shop, restaurant, or bar with plenty of other people around. Avoid meeting in public parks and other isolated locations for first dates.

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MEETING IN PERSON

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DON'T RELY ON YOUR DATE FOR TRANSPORTATION.

RAINN TIP

It's important that you are in control of your own transportation to and from the date so that you can leave whenever you want and do not have to rely on your date in case you start feeling uncomfortable. Even if the person you're meeting volunteers to pick you up, avoid getting into a vehicle with someone you don't know and trust, especially if it's the first meeting.

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Meeting In Person

WHEN

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MEETING IN PERSON



STICK TO WHAT YOU'RE MOST COMFORTABLE WITH.

RAINN TIP

There's nothing wrong with having a couple of drinks on a date. Remember that alcohol and drugs can alter your perception of reality. Try to keep your limits in mind and do not feel pressured to drink just because your date is.

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MEETING IN PERSON



ENLIST THE HELP OF A BARTENDER OR WAITER.

RAINN TIP

If you feel uncomfortable in a situation, it can help to find an advocate nearby. You can enlist the help of a waiter or bartender to help you create a distraction, call the police, or get a safe ride home.

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MEETING IN PERSON



TALK TO YOUR PARTNER ABOUT SAFE SEX.

RAINN TIP

Before you and your partner become sexually active, it's important to talk about your sexual health. If you're not sure about how to bring it up, consider saying something like: "I really like you and want to keep going, but first let's have a quick talk about if we've been tested for STIs recently."

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MEETING IN PERSON



TRUST YOUR INSTINCTS.

RAINN TIP

If you feel uncomfortable, trust your instincts and feel free to leave a date or cut off communication with whoever is making you feel unsafe. Do not worry about feeling rude—your safety is most important, and your date should understand that.

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