

Online Dating



This information sheet is about how you can use dating apps and websites to meet people to go on dates with. This information sheet has 3 parts:

- **Part 1: Using a dating app or website**
- **Part 2: Going on a date**
- **Part 3: Choosing if you want to go on another date or not**



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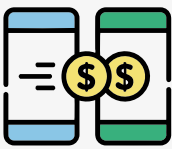
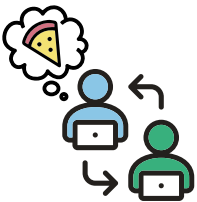
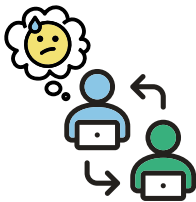
Part 1: Using a dating app or website

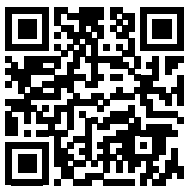
Making your dating profile

Information to include ✓	Information to NOT include ✗
 Jane First name or nickname	 Jane Doe Last name
 <p>The kinds of things you like to do</p> <p>What you are looking for in a partner</p>	 <p>Too much information about where you live, work, or places you often go to</p> <p>For example, you can write which city you live in. Do not write your home address</p>
 <p>Pictures that show who you are and things you like to do</p> <p>For example, a picture of you doing activities you enjoy</p>	 <p>Private pictures like pictures of your house, your car, or naked pictures of yourself or others</p> <p>Pictures with other people who do not want their picture to be on your profile</p>

Communicating with people on dating apps/websites

Things you can do ✓	Things to avoid ✗
 <p>When you are just starting to communicate with someone, communicate on the dating app or website.</p>	 <p>Do not give your phone number to people you have just started to communicate with.</p>
 <p>Be honest about who you are.</p> <p>But being honest does not mean you have to tell people everything about yourself when you are just getting to know them.</p>	 <p>Do not give people personal information like your address or your bank information.</p> <p>Do not send pictures of your house or your car.</p> <p>Do not send pictures of your credit card or debit card.</p> <p>If someone is asking you for this kind of information, stop talking to them. This may be an unsafe situation. Talk to someone you trust about it.</p>
 <p>If someone is making you feel uncomfortable or you do not want to continue to communicate with that person, it is okay to end the conversation.</p>	 <p>Do not feel pressured to keep communicating with someone you do not want to communicate with.</p>

Things you can do ✓	Things to avoid ✗
 <p>To start a conversation with someone, it can be helpful to ask the person about something they wrote or a picture they posted on their dating profile.</p>	 <p>Do not send people money. If someone is asking you for money, stop talking to them. They might be trying to trick you.</p>
 <p>To get to know someone, you can ask them questions about what their daily life looks like or what kind of things they like.</p> <p>Asking a person questions can help you decide if the person is someone you want to meet for a date.</p>	 <p>Do not ask someone for personal information that you would not be comfortable sharing yourself.</p>



Check out **SIECCAN's Sexting: Information Sheet** for information about things you should be careful of if you want to send naked or sexy pictures/videos of yourself to someone.

Understanding and using emojis

Emojis (also known as “smilies” or “emoticons”) are smiley faces or other symbols that people can use when they message someone on their phone or computer.

Some people like using emojis, other people do not. It is up to you to choose if you want to use them or not.

Here are some popular emojis that a person you are dating might send you:

The smiley face with hearts emojis can be used to mean love and affection.



Sometimes this can mean that:

- the person feels loved and supported by something you said
- the person likes or loves a picture or message you sent them
- the person really likes you or loves you



If you are not sure about what the person is trying to say, it is best to ask them to explain what they mean.



The kissing emojis can be used when the person wants to send you kisses.



The smiley face with tears emojis can mean that the person finds what you said really funny.



The winking face emojis can be used when a person is trying to make a playful and flirty joke.



Here are some popular emojis that a person you are dating might send you:

100



The 100% or thumbs up emojis can mean that the person agrees with what you said.



The heart emojis can be used to show love for you or something you said.

Sometimes this can mean that:

- the person loves something you said
- the person appreciates you as a friend
- the person loves you

If you are not sure about what the person is trying to say, it is best to ask them to explain what they mean.



The fire emoji can mean that the person thinks you or something you said is sexy or attractive. It can also mean that person is very impressed by something you did.



The peach, eggplant, taco, and sweat droplet emojis can sometimes be used to mean something sexual. The person may be thinking of you in a sexual way or like you in a sexual way.

For example:

- The eggplant emoji can sometimes be used to mean penis
- The peach emoji can sometimes be used to mean butt
- The taco emoji can sometimes be used to mean vagina or vulva
- The sweat droplet emoji can sometimes be used to mean orgasm or feeling sexual attraction/arousal

Emojis can be used and understood in different ways by different people. If you are not sure about the meaning of an emoji that someone sends you, ask the person to explain to you what they mean when they use that emoji.

Part 2: Going on a date

Date ideas



Take a walk in a park



Go to a museum or art gallery



Take a cooking class



Take an art class or a pottery class



Start the date at the movies and end the date with a dinner



Start the date by going to see a play and end the date with a coffee

Telling someone you trust about your date



Before going on your date, tell a person you trust where you are going and who you are meeting with.

When you are on your date, share your location with the person you trust.



To share your location:

1. Go to the Google Maps app on your phone
2. Click on your profile picture or initial
3. Click on "location sharing"

Telling someone you trust about your date



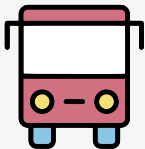



If you feel unsafe on your date, call or message the person you trust. They can come pick you up or help you leave your date safely.



At the end of your date, call or message the person you trust to let them know when you are home, so they know you are safe.

Things to do and not to do on a date

Things you can do ✓	Things to avoid ✗
 <p>Only meet with someone you want to meet with.</p>	 <p>Do not feel pressured to meet with someone you do not want to meet.</p>
 <p>Have a plan for getting home after the date. For example, know what bus to take to get home or ask someone you know and trust to pick you up.</p>	 <p>Avoid relying on your date to help get you home, especially if it is the first time you are meeting this person.</p>

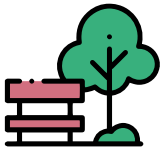
Things you can do ✓

Try to meet somewhere that is public and stay in a public area.

If you go to someone's home or if you invite someone to your home, it is a good idea to tell someone you trust before and share your location with them.

Sometimes when a date asks you to go to their home, it could be an indirect way to ask you if you want to have sex with them. If you do not want to have sex with the person, it is important to tell them before you agree to go to their home.

If you invite your date to go to your home, it is possible the person will think you want to have sex with them. Be clear with your date about what you want to do with them at your home.



Things to avoid ✗

Do not feel pressured to go to someone's home or to invite someone to your home if you are not comfortable with that.



Things you can do ✓

If you are drinking alcohol on your date, make sure to watch your drink at all times. Finish your drink before you go to the bathroom or order a new drink when you come back from the bathroom instead of finishing your other drink.



When a person drinks alcohol they may sometimes make decisions they would not make if they were sober.

Drinking alcohol can also make people more vulnerable to being taken advantage of by other people.

Because of these things, it is important to be careful with how much alcohol you drink when you are on a date.

Things to avoid ✗

Do not leave your drink alone without watching it.

Avoid being pressured to drink alcohol or to drink more alcohol than you want to. You can always say no to alcohol and have a non-alcoholic drink like a mocktail, soda/pop, or water.



Things you can do ✓

Make sure you know what your boundaries are. It is important to tell your date your boundaries and that your date respects your boundaries.

For example:

- Are you okay with your date touching you?
- Are you okay with your date kissing you?
- Are you okay with having sex?
- If your date asks you a personal question, are you okay with telling them this information?



Before you go on a date, it can be helpful to make a list of things you are okay with and things you are not okay with.

Respect your date's boundaries. Before touching or kissing your date, ask them if it is okay for you to do so. This is called "asking for consent."

For example, ask them:

- Would you like to hold my hand?
- Can I give you a kiss?



Things to avoid ✗

Do not make yourself uncomfortable to please the other person. It is important that the person respects your boundaries. If you feel that your date is pressuring you to do or say something you do not want to do or say, it is okay to leave the date.



Do not touch or kiss your date if you are not sure that they want to be touched or kissed. You can only be sure that they want to be touched or kissed if they tell you they want to be touched or kissed.













Check out **SIECCAN's Communicating Consent: Information Sheet** for information about asking for and giving consent.

Part 3: Choosing if you want to go on another date or not

You had a good time and want to go on another date

Let your date know that you had a good time and that you want to go on another date.

Here are some ways your date might respond to you:	
Scenario	What to do
 <p>Your date tells you they had fun too and that they want to go on another date with you.</p>	 <p>Plan another date!</p>
 <p>Your date is not being clear about how they felt about the date.</p>	 <p>You can ask them if they would like to go on another date with you and see what they say.</p>
 <p>Your date tells you they want to go on another date with you. But when you ask them when they are available, they seem to be always too busy and cannot find a time for the date, or they stop messaging you.</p>	 <p>The person may be indirectly telling you they do not want to go on another date. This can be frustrating, but if the person is showing signs of not being interested, then it is important to respect their wishes and to stop talking to them.</p>
 <p>Your date tells you they had a good time, but they do not wish to go on another date.</p>	 <p>It is important to respect the person's wishes and to stop talking to them or messaging them. This is never a good feeling. This might make you feel sad or maybe angry. It is helpful to talk to someone you trust about how you are feeling.</p>

You do not want to go on another date

If you do not want to go on another date:



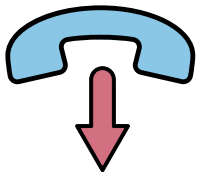
Tell the person you do not want to go on another date. It is important to be direct, but respectful.

For example, you can say “It was nice meeting you and I enjoyed our date. I am looking for something different so I will not be going on another date with you. I hope you find what you are looking for.”



You do not have to go into detail about why you do not want to go on another date with the person.

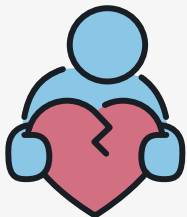
If the person asks you to explain, you can just say “I do not feel like we are a good match” or “I am looking for something different.”



If the person asks if they can keep talking to you, you can choose if you want to keep talking to that person or not. You do not have to be friends with them.

It is important to tell the person if you do not want to keep talking to them.

If you tell the person you do not want to keep talking to them and they keep trying to talk to you, you do not have to respond. Talk to someone you trust who can help you stay safe.



You do not need to feel sorry about how you feel. You are not responsible for making sure the other person is okay.

It may take the other person some time to work through their feelings, but it is up to them to figure it out. Just like it is up to you to take care of your feelings if someone tells you they do not want to go on another date with you.

Dating can be frustrating and confusing at times, but it can also be fun and rewarding. Remember that your safety and well-being is most important. If you ever feel unsafe or that your needs are not being respected, it is okay to leave the situation. Talk to someone you trust if you need support.