



# Safe online dating tips

## Know the risks

Online dating can be exciting but it comes with risks.

- ! **Scammers** may ask for money using fake emergencies.
- ! **Cheaters** hide existing relationships.
- ! **Players** are only interested in casual encounters.
- ! **Predators** may target you or your children.
- ! **Liars** misrepresent age, interests, or appearance.



**Stay alert and trust your instincts. If something feels off, it probably is.**

## Before you meet

- ✓ Take your time getting to know them.
- ✓ Do a quick online search or reverse image check.
- ✓ Use a private number (eg: Google Voice).
- ✓ Consider safety tools such as alarms or safety apps.
- ✓ Video chat first to confirm identity.
- ✓ Keep personal details private until trust is built.

## When you meet

- ✓ Meet in a public place, preferably during the day.
- ✓ Tell a trusted friend your plans.
- ✓ Keep your phone charged and emergency contacts saved.
- ✓ Use your own transport.
- ✓ Stay sober and keep an eye on your drink.
- ✓ Leave immediately if something doesn't feel right.

## Important reminders

- ! You don't owe your date anything.
- ! It's okay to say no or end contact at anytime.
- ! Never share sexualised photos.
- ! Always insist on condom use.
- ! Watch for early signs of controlling or abusive behaviour.

For more support and information, please scan the QR codes.



### SARC

**24-hour crisis line for recent sexual assault**

Phone (08) 6458 1828 or  
1800 199 888 (free from landlines only)

**Crisis phone support**

8.30am - 11.00pm daily  
Phone (08) 6458 1828