DATING & RELATIONSHIPS SERIES

FIRST-DATE SAFETY CHECKLIST

Keep control of your options.

A few simple precautions can reduce risk and make it easier to leave if something does not feel right. No checklist can guarantee another person's behavior.

THE CORE RULE

You do not owe someone more time, another location, a ride home, physical affection, or a second date because they were nice to you.

BEFORE YOU LEAVE

- [ ] Do some basic verification. Look for consistent information and proceed cautiously even if nothing seems wrong.
- [ ] Meet in a public, populated place for the first few dates.
- [ ] Tell a trusted person who you are meeting, where you are going, and when you expect to return.
- [ ] Use your own car, rideshare, or another independent way home.

ON THE DATE

- [ ] Keep your phone charged and accessible.
- [ ] Keep control of your own food and drinks; do not leave them unattended.
- [ ] Protect your home address and routine until trust has been established.
- [ ] Pay attention to pressure, boundary-pushing, anger, or behavior that makes you uncomfortable.
- [ ] Consider temporary location sharing with someone you trust.

IF YOU WANT TO LEAVE

- [ ] Have an exit plan before you need one.
- [ ] You can end the date because you feel uncomfortable. You do not need permission or proof that the person is dangerous.
- [ ] Move toward staff or other people and ask for help if you need it.
- [ ] If you are in immediate danger, call 911.

A SIMPLE CHECK-IN PLAN

Before the date, agree on a check-in time and a code word or emoji with a trusted person. Decide in advance what you want them to do if you miss the check-in or send the signal.

REMEMBER

Safety planning is about keeping options open - not predicting danger. If something feels wrong, you can change plans, leave, block contact, ask staff for help, call someone you trust, or call 911.

Sources: RAINN - Tips for Safer Dating

General safety and educational information. In an emergency or immediate danger, call 911.