

**ONLINE  
DATING AND  
HOOK-UP  
SAFETY TIPS**

**BROUGHT TO YOU BY  
NEW YORK CITY  
ANTI-VIOLENCE PROJECT**



# MAKE A SAFETY PLAN

AND LET SOMEONE ELSE KNOW



- Tell at least one person about your meeting plans, who you will be with, and ways to get in touch.
- Plan in advance what will happen if you feel unsafe.
- Let that person(s) know what to do if you feel unsafe and whether you want police called.

Need help making your plan? Contact AVP!

# USE YOUR TECH



- Share what info you have on who, when, and where you are meeting with at least one friend.
- Always save your messages.

# MEET IN PUBLIC

- Meeting in public allows for greater options for safety.
- If the person does not look like the picture, ask them about it.
- If they do not have an answer you feel comfortable with, leave.



# KNOW YOUR LIMITS

- If you're going to use substances, including alcohol, consider deciding ahead of time when and how much you will use.
- If you are being pressured to do more substances you feel comfortable with, express your discomfort and/or leave.



# PRACTICE SAFER SEX

- Bring safer sex supplies (condoms, lube, dental dams, finger cots, gloves, etc.) and use them.



# INCIDENTS OF HOOK-UP VIOLENCE CAN HAPPEN IN PUBLIC SPACES SUCH AS BARS OR SEX PARTIES



- If you feel unsafe, let bar or nightclub staff know, and ask to be escorted to your car or a cab.
- When you are outside, scan the street for places where you can go to seek help if you feel unsafe.
- Don't leave any drinks or your belongings unattended.
- Discuss your interests and boundaries for sex, including BDSM or kink, before engaging. Don't be afraid to communicate your boundaries.

# TRUST YOUR INSTINCTS

- If you feel threatened or unsafe at any point, if at all possible exit the situation.
- Remember: You can say no. No matter who initiates or how far you've gone, you can stop at any time for any reason.





**NEED  
HELP?**



**Call AVP To Make  
A Safety Plan**



AVP is here to help create safety plans around hooking up. You can also call if you've experienced harassment or violence.

**We're here to help.  
Call 212-714-1141.**