

DATING TIPS FOR GIRLS

DO

Keep a cell phone and contact information with you at all times.

Keep an emergency stash of money for a taxi with you in case your date goes sour.

Make sure someone knows where you are at all times.

Learn some self defense moves.

Get to know him in group settings first.

Suggest going somewhere public if he really wants to get to know you.

Develop high standards and set boundaries of personal space.

Let your date know where your boundaries are.

Trust your instincts. If you sense something isn't right - get out of the situation.

Report him to the police immediately if he inappropriately touches you!

Protect yourself if you are attacked (go for the eyes, kick, bite). Make a lot of noise. If you can - RUN AWAY!

DON'T

Go out with a guy if you don't know him very well.

Go on a blind date alone. Insist on double dating with a couple you know.

Go to quiet or secluded spots with your date.

Leave your drink unattended at a party or eat anything questionable. Drugs can be slipped into your food or drink.

Don't go to a guy's place alone with him.

Let your date violate any portion of your boundaries - if he does, tell him to stop. If he doesn't stop - LEAVE!

Try explaining things, just leave and call your parents or a friend to pick you up. Never get in a car with someone if you don't feel safe with them.

Think you owe him any physical or sexual favors, even if he helped you or spent money on you.

Give in to verbal manipulation. It's a form of abuse and can be a red flag that he wants to violate you.

Blame yourself if you are attacked. It is not always possible to anticipate or ward off an attack.