



Family Violence Prevention

Dating Safety Tips

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Consider going on a date with another couple the first few times you go out with someone. This is a good idea until you get to know the person better.

- Think of different ways to be safe if you find yourself in a dangerous or potentially dangerous situation. Make a list of the people you trust who you could talk to if your partner abuses you, friends you can ask to help you stay safe, people you could call for a ride home if you are stranded, places you could go quickly to escape an abusive person.
- Before you leave on a date, make sure you know the plans for the date. Tell a friend or family member where you will be, what time they can expect you to be home and how they can reach you (i.e. cell phone).
- Let your date know that you are expected to call or tell someone when you get home.
- If you leave a party with someone you do not know well, make sure you tell a friend you trust about your plans and the name of the person you are with. Ask a friend to call and make sure you arrive home safely.
- If you are under the influence of alcohol or drugs, your judgement could be impaired, as well as your reaction time. For information on date rape drugs, visit [AADAC's youth site](#).
- Trust your instincts. If a situation makes you uncomfortable, stay calm and think of a way to leave.
- If a person frightens or intimidates you or shows a lack of respect for your wishes, ask for help. Then call the relationship off once you are safe.
- If a person refuses to leave you alone once you have ended the relationship, try to avoid that person. You could do things like change your locker at school, take a different route to get to school or work, change your cell phone, beeper or pager number and your e-mail address.
- Keep a journal or write notes that describe abusive incidents. These notes may be useful later in order to prove to police that there is a pattern of abuse.