



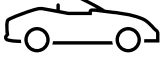
Safe Dating Tips!



Tell your friends and family the name of the person you are meeting, where you are going & when you plan on being done with the date.



Meet in a public space and select a time when people will be around. Daytime dates can be both fun and safe!



Drive yourself to the date or take an Uber! This way if you need to leave you can and you are in control of your situation.



No alcohol. I know it is tempting for social anxiety, no alcohol on first date. You can still have an enjoyable time, we promise. **80% of attacks on women involve alcohol.**



Do not leave your food or beverages alone with the date. People drug food and beverages with things that have no smell, taste, and act quickly. It happens here where we live, more than you can imagine.



Bring pepper spray with you. In Arizona, you can. Get a small one for your purse, it is a great deterrent and provides protection and a means to create distance if you need to. The effects last awhile.



Have a group date. It is 2022 and it is okay to invite them to something with friends so that another person can give you feedback. We cannot always be objective with someone we “like” and it is a safer date.



Research the person. Do a google search, check their social media. Check the local sex offender registry. People who prey on children will form a relationship with a single parent to have access to the person’s children.

Things to Remember:

- ✓ **Your time is valuable, sharing time with a person is something we do not get back.**
- ✓ You can pay for yourself. There is nothing wrong with bringing ca\$h and offering to pay your part if you feel pressured.
- ✓ **Handholding is intimacy. Think about whose hands you hold, people you love or care for. Remember the first intimate thing you can do is hold the person’s hand.**
- ✓ **You are NOT obligated to kiss or be intimate with anyone PERIOD!**
- ✓ **NO is okay to say to people. It is one of two options.**



**EDUCATION
& OUTREACH**

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HIV specialty care clinic

FREE Condoms, PEP or PrEP, contact Northland Cares at:

Prescott: 928-776-4612 or 928-771-0023

Cottonwood: 203 S Candy Lane #3B, Cottonwood, AZ 86326

Phone: 928-649-0833