

Safe Dating Tip Sheet

- **Get to know the person you plan to meet with**~ Take time to ask lots of questions. Withhold any personal information such as your home address, phone number or other sensitive information or identifiers.
- **Arrange to meet in a public place**~ Meet in a restaurant, café or perhaps ask you're the person, to come along and join in with a group of your friends. Be cautious when inviting a person to your home. Tell a friend where you are going, with whom, and when you expect to return.
- **Use your own transportation**~ Arrange your own transportation to and from your date. Arrange a trusted person to drop you off and pick you up at a pre-arranged time and place.
- **Be cautious with alcohol**~ It is important to be alert on your date, try to drink in moderation and never leave your drink unattended.
- **Listen to your instincts**~ If you feel uncomfortable, call a friend or family member and leave the date.

How to Build Healthy Relationships

What does a healthy relationship look like?

- Being able to talk about feelings, without fear of your partner making fun of you.
- Being mutually supportive of one another's needs and wants.
- Feeling free to talk about disappointments and concerns.
- Taking responsibility for your actions and avoiding blame.

Take the Quiz: *Does Your Partner Do This?*

	YES	NO		YES	NO
Get jealous when you are around others?	<input type="radio"/>	<input type="radio"/>	Blame you for everything that goes wrong?	<input type="radio"/>	<input type="radio"/>
Make fun of you in front of others?	<input type="radio"/>	<input type="radio"/>	Threaten to physically hurt you?	<input type="radio"/>	<input type="radio"/>
Destroy or threaten to destroy your things?	<input type="radio"/>	<input type="radio"/>	Try to force unwanted sex?	<input type="radio"/>	<input type="radio"/>
Threaten to commit suicide if you breakup?	<input type="radio"/>	<input type="radio"/>	Take control of your money?	<input type="radio"/>	<input type="radio"/>

If you answered YES to any of the questions you may be in an unhealthy relationship. Abusive partners are often apologetic, and may be sorry for their actions, but they will often continue this abusive behavior. It is often a cycle that escalates over time. Remember that this is NOT YOUR FAULT and you have the right to live free from fear and harm.

What to Do If Things Go Wrong

What can you or a loved one do if there are signs of abuse in a relationship?

- If you are being harmed or threatened call the police immediately.
- Speak to a family member or friend for support.
- Learn about support services in your area; counseling, transition housing, mental health services or reaching out to talk to those within your faith community.
- Create a safety plan, with your support service, in order to leave the abusive relationship as safely as possible.
- Know your legal rights, when it comes to shared money and property.

What are some chargeable offences?

- **Assault**~ Including threats and physical harm.
- **Sexual Assault**~ No person has the right to force sex or threaten sexual assault, whether you are dating, are married or living with the person.
- **Intimidation**~ Threats, harassment, stalking, destruction of property

All of these are chargeable offenses under the Criminal Code of Canada.

Who Do I Call if I Need Help?

Advocacy Centre for the Elderly	1 855 598 2656
Assaulted Women's Helpline	1 866 863 0511
Elder Abuse Ontario	1 416 916 6728
Law Society Referral Service	1 800 268 8326
Ontario Networks of Sexual Assault and Domestic Violence Treatment Centres ..	416 323 7327
Rainbow Health Ontario	416 324 4100
Seniors Safety Line	1 866 299 1011
Support Services for Male Survivors of Sexual Abuse program	1 866 887 0015
Talk4Healing	1 855 554 4325
Victim Support Line	1 888 579 2888