

# TELL IT LIKE IT IS

## Sexual Health + Wellness Education

### Quick Tips:

#### How To Stay Safe While Online Dating!

1. Use a reliable service: hinge, bumble, tinder, etc.,
2. Once you match with someone stay in the app! Do not give them your phone number, address, or email, until you are 100% sure you can trust them.
3. Meet in a public place, but do not pick a place you go to regularly.
4. Share your location, time, and who you are meeting with a trusted friend or family member.
5. Be a detective: look up the person you are meeting on Google, Facebook, Instagram, twitter, etc., try to learn more about them.
6. Trust your gut: You know yourself better than anyone if you have a bad vibe get out of there!

