

7 TIPS FOR SAFE FIRST DATES

best practices for a fun and safe experience



Alasha Bennett, Dating and Relationship Coach

I believe to love and be loved in return is the greatest feeling one can experience. So, I've put together tools to help you navigate dating to form healthy relationships that last. It's time to date with confidence to meet your best friend, lover and partner in life.

PRE WORK

Having conversations by telephone first allows you to get a sense of your interest for face to face interaction. Gather information such as their job, the car they drive, city they live in, where they attend church or regular activities/hobbies. Search their name online to gain knowledge of their personality type.

60 MINUTES

Use the first date to gauge whether their actions line up with their conversations. Keep the date short and sweet. 45-60 minutes allows attraction to build or to confirm a disconnect. Pick up on body language that is contradictory to their words.

DRIVE YOURSELF

Decide on a public place in a well lit area. Utilize daytime hours to meet for breakfast, brunch or lunch. Decline following them to a second location. Never enter their car to talk.

CARRY PROTECTION

Add pepper spray or an alarming device on your keychain. Carry your cell phone to check in with friends/family. Pass along the pre work information to loved ones.

BRING CASH

Use cash instead of credit. Separate it from your wallet in your pocket or shoe. If the date takes a wrong turn, pay your tab and leave. If they skip out on the bill settle your portion.

STAY SOBER

Never turn your back on your drink alcoholic or otherwise. Never leave it in your dates care. If you have to excuse yourself, order a new drink when you return. Accept drinks directly from the wait staff only.

RED FLAGS

Pay close attention to actions and words. If they appear violent, mentally or emotionally unstable, exhibiting strange or aggressive behavior remove yourself immediately. Alert the wait staff or people in a crowd for assistance. Lying about themselves and pressuring you to do something you don't feel comfortable with is cause for alarm.