

TIPS FOR HEALTHY DATING

Consider these tips **before** you head out.

- Meet in public places for the first few dates
- Never meet someone you've met online in a private place
- Only accept blind date recommendations from someone who knows both you and your date
- Be careful about how much information you share with someone you don't know well
- Have your own money and change for the phone
- If you have a cell phone make sure it is charged and preprogrammed with emergency numbers(310-TAXI will connect you to a cab anywhere in Canada)
- Let someone know where you are going and when you expect to return
- Double date or ask some friends to join you
- Know where you are going and how to get home on your own if necessary
- Never leave your drink unattended
- Keep a clear mind, don't drink too much alcohol or use other substances that could impair your judgment
- Make arrangements for someone to pick you up
- Carry contraception: if you do want to be sexually active then you need to keep safe
- If something doesn't feel right, always trust your instincts
- Don't be afraid to say NO



YWCA
CANADA

**WEEK
WITHOUT
VIOLENCE**

**THE POWER
OF BEING aGIRL**




KNOW THE FACTS



Violence against women is the world's largest and most persistent human rights violation, and Canada is no exception.

- Over 50% of Canadian women experience an incident of violence at some point in their lives, the majority before they turn 25.
- Young women experience the highest rates of violence and the rate of violence by boyfriends is on the rise.
- Psychological or emotional abuse and frequent heavy drinking raises the risk of violence.
- Serious stalking is a crime called criminal harassment.



Stop violence before it starts. Take your relationship seriously and learn to recognize the early warning signs of violence.

If you or someone you know is experiencing violence in a relationship **get help**. For more information about dating violence and to connect with a YWCA in your community, visit www.ywccanada.ca

www.weekwithoutviolence.ca

