



Dating Safety

- ☆ Consider double-dating the first few times you go out with a new person.
- ☆ Before leaving on a date, know the exact plans for the evening and make sure a parent or friend knows these plans and what time to expect you home.
- ☆ Be aware of your decreased ability to react under influence of alcohol or drugs.
- ☆ If you leave a party with someone you do not know well, make sure you tell another person you are leaving and with whom. Ask a friend to call and make sure you arrived home safely.
- ☆ Assert yourself when necessary. Be firm and straightforward in your relationships.
- ☆ Trust your instincts. If a situation makes you uncomfortable, try to be calm and think of a way to remove yourself from the situation.

