



Information about dating



What is dating?

Dating is when 2 people go out together to see if they like each other. You go on a date with someone to see if you want them to be your girlfriend or boyfriend.



When you go on a date you do things that you both enjoy. Dating can be fun if you both enjoy doing the same things.

How to stay safe on a date



You must be very careful when you go on a date. Some people might not be very nice to you, so here are some tips to help you stay safe.



What you must always do

Always tell someone where you are going.



Always tell someone what time you are meeting your date.



Always tell someone what time you will get back home.



Always meet your date in a place where there will be lots of other people, like at the cinema, bowling alley, pub or at a restaurant.



What you must not do

Do not meet your date in a place where no one else will be especially when it is dark.



Do not invite someone you have just met to your house.



Do not get into a car on your own with your date especially if they have people they know in the car with them.



Do not leave your drink at any time. This will stop anyone from putting dangerous drugs in your drink. This is called spiking.



Do not give your home or work address to someone you do not know.

Other good ideas you might like to try



Double dating is a safer way to date. Double dating is when your friend and their boyfriend or girlfriend go on a date with you and your date. This can also help you build up your confidence.

If you have a mobile phone, take it on your date. If you think you need help or are in danger you can call someone you trust for help.



Make sure the battery in your phone is fully charged and make sure you have enough money to use on your phone.



Make sure you have enough money to spend on your date. It is a good idea to ring the place that you are going to and ask how much things cost.



If you choose to travel on the bus, train, underground, tram or in a taxi make sure you have enough money for travelling.

It is also a good idea to call the travel company to find out the times of your bus, train, underground or tram.



You may also be able to find out how much things cost by looking on the internet.



If you need more information you can contact the
Learning Disability Helpline



England

Call: **0808 808 1111**

Email: help@mencap.org.uk

Text: 07717 989 029

Typetalk: 18001 0808 808 1111



Wales

Call: **0808 808 1111**

Email: information.wales@mencap.org.uk



Northern Ireland

Call: **0808 808 1111**

Email: mencapni@mencap.org.uk