



**It's On Us Workshop:  
ONLINE DATING SAFETY**

# Agenda

- Introductions
- Self-Care Check In
- Defining Online Dating Risks
- Prevention Tips
- Toolkit Materials + Next Steps
- Self-Care Reminder
- Post-Training Survey

# Learning Outcomes

IOU chapter members will implement safety planning strategies for online dating.

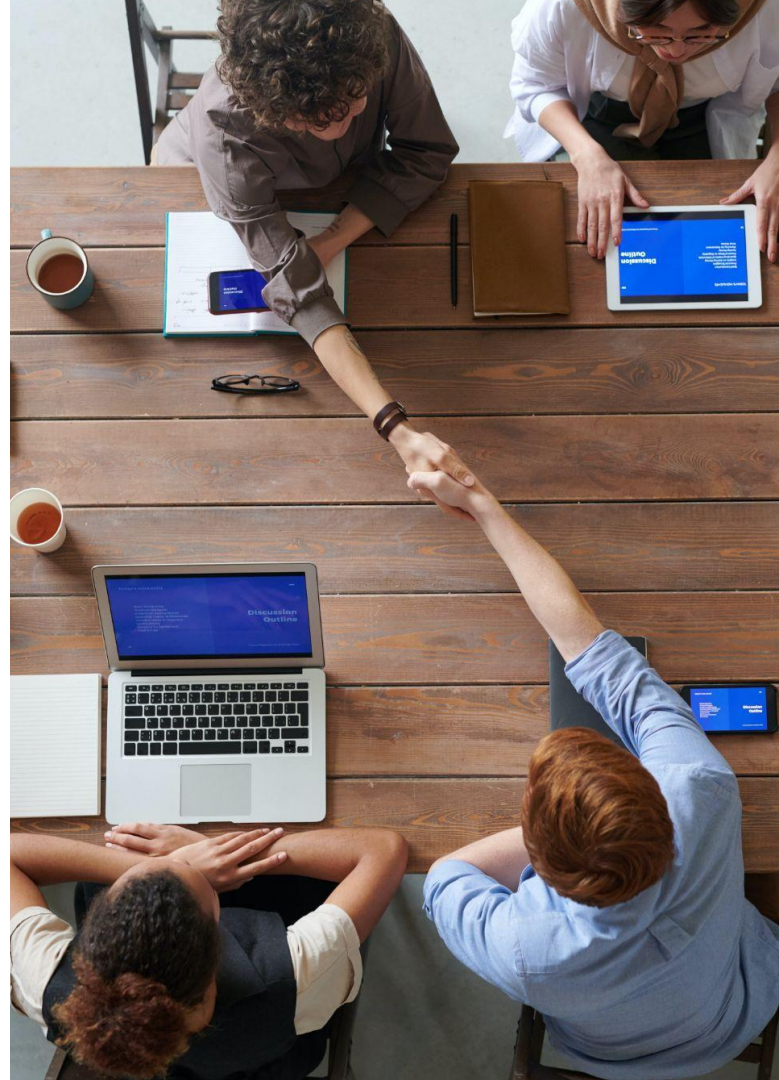
IOU chapter members will evaluate risk and protective factors for technology-facilitated violence.

IOU chapter members will learn how to educate peers about healthy online dating behaviors.

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# INTRODUCTIONS

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# SELF-CARE CHECK

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# DEFINING ONLINE DATING RISKS

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## Cybersexual Violence =

Using online forms of communication (e.g., social media, dating apps) in order to force or coerce sexual acts or conversations.

For example:

- Making unwanted or unwelcome sexual comments or advances over social media.
- Non-consensual sexting or image sharing.
- Forcibly or coercively obtaining sexual pictures of someone.

## **Technology-Facilitated Sexual or Dating Violence =**

Using online forms of communication to control or assert power over another person or intimate partner.

For example:

- Threatening to share someone's sexual pictures.
- Making a partner share their social media passwords to surveil their activity.
- Making a partner share their location to surveil their location.
- Reading a partner's texts or calls to control who they talk to.
- Threatening to out someone on social media.
- Using social media to humiliate a partner.



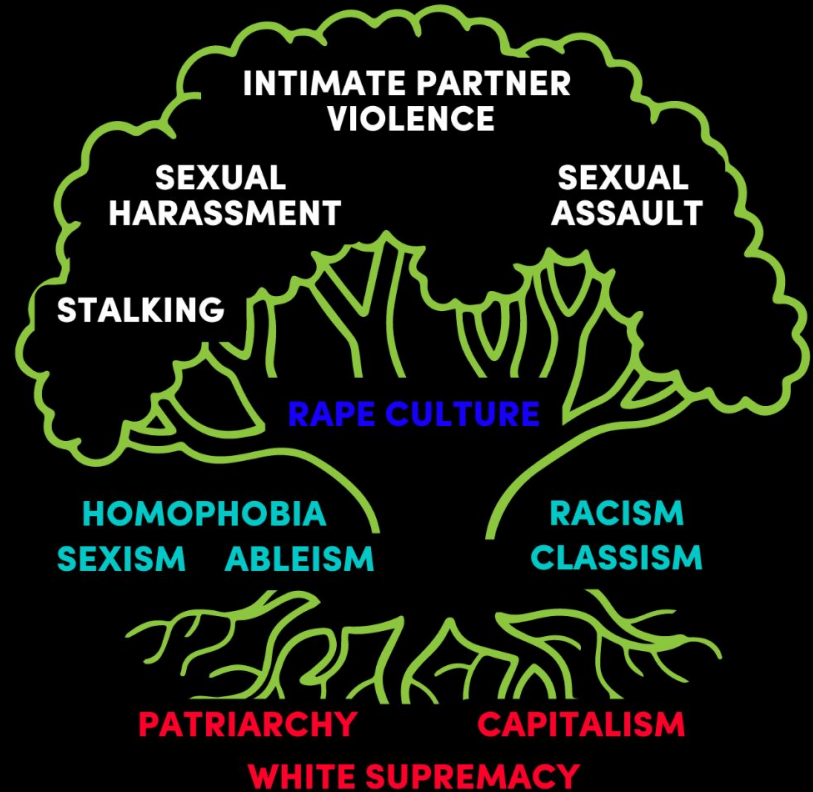
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# PREVENTION TIPS

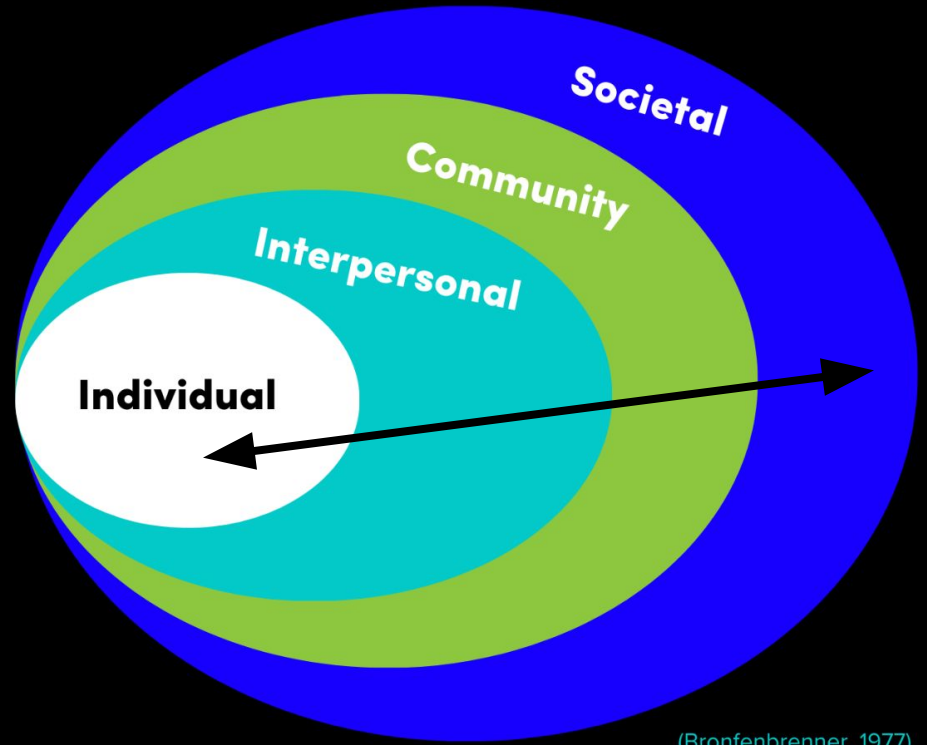
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**Reminder:  
Root Causes  
of Violence**

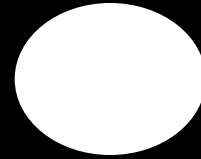


# Sexual Assault Perpetration Risk



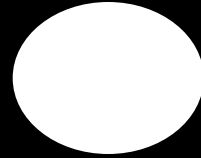
# Individual Level Risk Factors

- Hegemonic masculinity – Belief in the subordination of women, marginalization of gay men, dominance, and competitiveness
- Sexist attitudes
- Acceptance of myths about sexual aggression
- Combinations of consistent characteristics like unstable emotions, generally negative affect (aka mood), hypersensitivity, and fragile self-esteem



# Individual Level Protective Factors

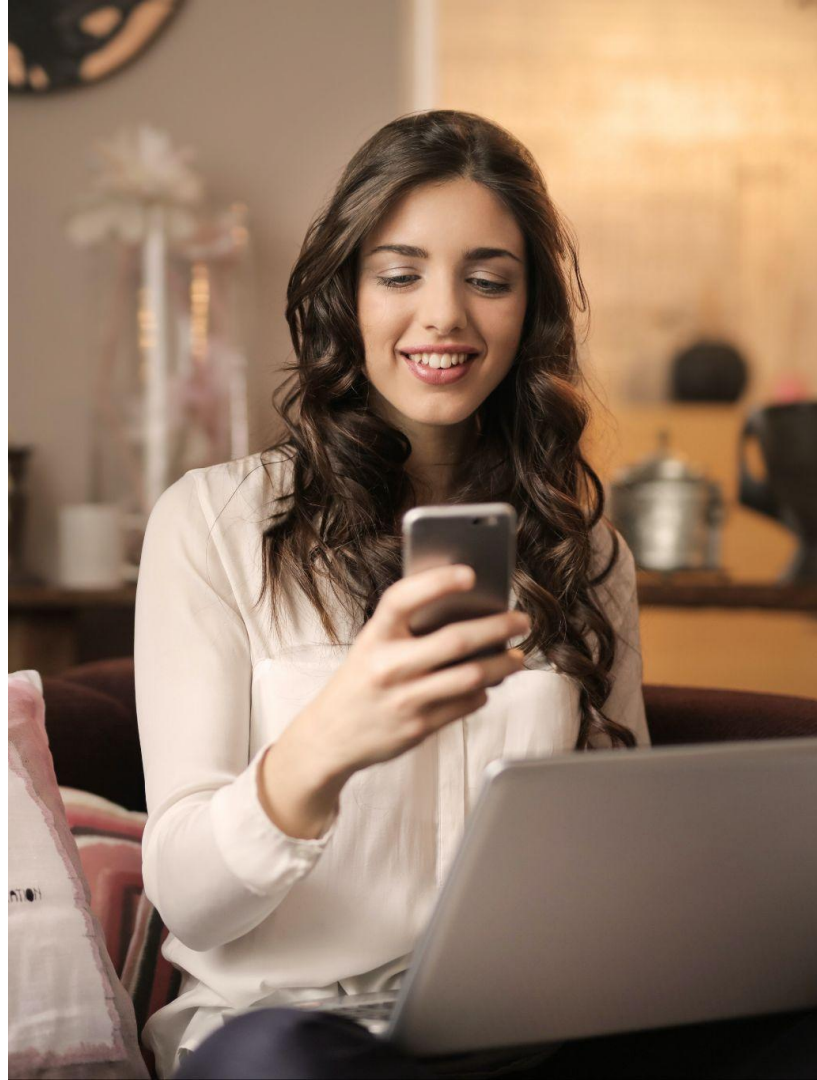
- Emotion management skills
- Healthy communication skills
- Egalitarian beliefs
- Attitudes of non-violence



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# HEALTHY ONLINE DATING TIPS

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# Risk Mitigation for Online Dating

Using safety strategies to reduce one's likelihood of experiencing harm or abuse from another person.

## Proceed with Caution

Although planning ahead for safety can be helpful, safety strategies can also be challenging to implement and are often more situational than what we plan for.

When not deployed with care and intention, they can also result in victim blaming.

**You matched,  
now what?!**

Find something in common.

Tell a joke or funny story.

Ask them about them.



**They aren't responding.  
What do I do?**

**Be patient.**

**If they're ghosting, let them go.**

**Find healthy outlets to cope.**

## **From Online to IRL...**

**Be clear about what you're looking for.**

**Move at a pace you're both comfortable with.**

**Plan a fun date!**

# FAQ: Safe Date Night

## How do I know if they're real?

- Call or Facetime beforehand.
- Exchange social media information, if comfortable.
- Meet in public or with a group of people.

## Should we meet in public?

- Choose a location where you feel safe.
- If someone is pressuring you, that may be a red flag.
- Listen to your gut.

## Should I tell my friends where I am?

- It can't hurt, just in case.
- Have a codeword.
- Have your friend fake an emergency.

## How to Call Things Off

Be respectful and direct.  
Get to the point.

Make it a clean break.

Wish them well.



**It's On Us Toolkit:  
ONLINE DATING SAFETY**

# Take **It** Down

Having nudes online is scary,  
but there is hope to get it  
taken down.

Take It Down is a free service that can help you remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken of you when you were under 18 years old.



Remember, losing control of your image could happen to anyone, and you're not alone. **For more information about how NCMEC can help, visit**

[TakeItDown.NCMEC.org](https://TakeItDown.NCMEC.org)

Service operated by



**CyberTipline**

CyberTipline.org • 1-800-THE-LOST®

## DAILY HABITS



- Drinking enough water
- Eating filling foods
- Getting enough sleep
- Talking to friends or family

**Taking care of basic needs is the beginning!**

## SELF-SOOTHING



- Taking a bubble bath
- Getting a massage
- Zoning out on social media
- Cooking a cozy meal
- Doing something fun with others

**Take time to tune out daily stressors.**

## MANAGE EMOTIONS



- Meditating or spiritual practices
- Exercising
- Snuggling up to a favorite movie
- Listening to calming music
- Venting to a friend

**Practice regulating your nervous system with familiar things.**

## EMOTIONAL WORK



- Journaling
- Counseling & therapy
- Reflecting
- Feeling emotions fully
- Practicing coping skills

**Work through your emotions towards healing.**

## HEALING WITH COMMUNITY



- Participating in cultural practices
- Engaging in spiritual or religious gatherings
- Group dancing or singing
- Advocacy and activism
- Group discussion or reflection
- Sharing a meal

**Intentional community with others is the ultimate path to healing!**

# Post Training Survey

NEED NEW SURVEY LINK HERE

