



First-date safety checklist for Ireland

Go through it the night before and tick it off before you head out. Written for meeting someone in Ireland or Northern Ireland that you met on an app or a site.

BEFORE YOU MEET

- ☐ Have a short video call first. Two minutes is enough to know the person matches their photos.
- ☐ Run a reverse image search on one or two of their pictures if anything feels off.
- ☐ Keep chatting on the app until you've met. Hand over your number later, not because you were pushed.
- ☐ Use a separate email for dating sites and don't put your surname, workplace or street in your bio.
- ☐ Pick the place yourself: somewhere central, busy and easy to leave, not their flat or a quiet car park.
- ☐ Check how you'll get home before you go: the last Luas, DART or train, the late bus, or a licensed taxi.

TELL SOMEONE

- ☐ Send a friend their name, profile screenshot, the venue and the time.
- ☐ Share your live location for the evening and agree a time you'll text to say you're fine.
- ☐ Agree a code word that means 'call me with an excuse to leave'.

ON THE NIGHT

- ☐ Get yourself there and home. Don't accept a lift on a first date.
- ☐ Buy your own drinks, watch them being poured and don't leave them unattended.
- ☐ Pace yourself. You can always have another drink on a second date.
- ☐ If you feel unsafe in a bar, tell the staff or security straight away and ask them to help you leave or call you a taxi.
- ☐ Consent is ongoing and can be withdrawn at any point, by either of you. A yes earlier is not a yes later.
- ☐ Only get into a licensed taxi or a cab you booked through a licensed operator or app. Check the driver's ID display on the dashboard matches the driver.

AFTERWARDS

- ☐ Text your friend that you're home. If something happened that you didn't consent to, the Dublin Rape Crisis Centre helpline is free and open 24 hours: 1800 77 8888. Women's Aid: 1800 341 900.
- ☐ If someone asks for money, gift cards or crypto, it's a scam. Stop replying and report the profile.
- ☐ If anyone threatens to share intimate images, don't pay. Keep the evidence, report it to Hotline.ie and to An Garda Síochána (in Northern Ireland, the PSNI on 101). In an emergency call 112 or 999.
- ☐ Sexual health: condoms, and regular tests. In the Republic, free home STI test kits can be ordered online through the HSE's SH:24 service.

Emergency: 112 or 999 · Dublin Rape Crisis Centre 24-hour helpline: 1800 77 8888 · Women's Aid 24-hour helpline: 1800 341 900