



Dating, Love, & Apps

Dating, hook ups and talking look different online. Remember no matter how you interact with someone you're into, crushing on or in a relationship with, *safety is key*.

Quick Tips for Social Apps & Online Dating	
It's okay to have boundaries	Don't feel obligated to engage in conversations that make you uncomfortable. You have a right to protect your space.
Think before you send.	Everything can be screenshot, saved and shared. Even if you think you can trust the person. Once you hit send you no longer control where the image or content is going.
Don't be afraid to block	Sometimes people aren't always kind or respectful. Don't engage in back and forth arguments online. It's possible for them to disappear and stop bugging you, if you block them.
Report if you feel threatened	Threats and harmful messages should not be tolerated. All apps have a way to report if someone is being harmful to others. Don't worry about what the person might think. Your feelings matter.
Spill the details	Should you choose to meet anyone from an app or the internet in person, make sure to tell a friend or family member. Helpful information includes: the person's full name & phone number, location of meeting spot, how long you plan to be gone, and a way to reach you.

Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse. Our dynamic and diverse team believes that all young people deserve to live in a world where they can thrive. Our values and work centers young people and their lived realities, leadership, vision, and hopes for the future.