

Teaching ideas

There are many ways and approaches to teach online dating.

- Exploring their own **likes** and **hopes** first.
- Researching **resources** together.
- Looking at **dating websites** and **apps** together.
- Planning the **steps** for before, during and after a date.
- **Role playing** different scenarios.

! Not all of these will be suitable for all people. People learn in many different ways.

Things to remember when exploring online dating

- ✓ Not everyone who talks on a dating site needs to date.
- ✓ People can say yes or no if they are invited on a date.
- ✓ If someone wants to send a sexy image to someone else make sure it is OK with them first and that they are over 18 years of age.
- ✓ Porn is not the same as dating.

Additional resources



- SECCA library
- SECCA workshops
- www.secca.org.au
- www.secca.tribalhabits.com
- Visit the e-Safety commissioner www.esafety.gov.au

SECCA

SECCA is a NDIS registered service provider that supports people that live with a disability and their families and carers to provide education and counselling about sexual health, relationships and sexual expression.

SECCA develops free resources that support sexuality and relationship education. Available on the website.

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Online Dating

A guide to talking about online dating.



SECCA Ability Relationships Sexuality

Dating online and staying safe

There are many apps and websites that offer online dating.

It is important to teach how to stay safe when using these platforms.

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Remember:

- ✓ We **do not** want to tell people they cannot use these platforms.
- ✓ We **do** want them to be aware of certain things and be **cautious** about using them.

! We all have the right to feel safe at all times.

Preparing to explore dating online

Everyone experiences online dating differently.

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Things to explore:

- Do they know what a **date** is?
- What are their **expectations** of online dating?
- How would they keep themselves **safe**?
- Do they know the **signs** for potential scams?



Teaching about dating online

Basic online dating skills can help to make a positive experience.

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Things to teach:

- Setting up a **dating profile**.
- Taking time to **get to know** someone online.
- Signs that someone may not be a **healthy** or true match.
- **Polite** behaviour.
- How to **plan** a date.
- Being **assertive** and knowing how to leave an uncomfortable situation.
- How to handle or manage **rejection**.