

CRAY

A digital student safety tool

Dating Safety Event Hosting Guide

**You could be the person that saves someone.
Or ten.**

Everything you need to host your own independent Cray Dating Safety Event.

FREE TO USE • NO APPROVAL NEEDED • ANYONE CAN HOST

cray.app · @cray.app · hello@cray.app

Welcome

Nobody plans to end up in an unhealthy relationship. Nobody swipes right on one, says yes to one, or moves in with one on purpose.

That's because unhealthy relationships almost never begin with obvious warning signs. They begin charming. Attentive. Fun. The patterns arrive quietly — a joke that stings, a rule that appears, an apology that keeps needing to be repeated.

Patterns whisper long before consequences shout.

Most of us were never taught how to hear the whisper. We were taught to trust our gut — and our gut, bless it, is usually busy being charmed. Hope has a way of explaining away what experience eventually confirms.

That's where you come in.

A Cray event is not a lecture. It's a game night that keeps turning into a real conversation — friends laughing over “red flag or green flag?”, then going quiet for a second, then saying, “okay wait, I've seen that one.” That second is the whole event. That second is where someone learns to recognize a pattern six months before it would have found them.

HOST NOTE

Your job isn't to be the expert. Your job is to create conversations that continue after people leave.

This guide gives you everything: the plan, the activities, the words. You bring the room.

***If this guide helps one person recognize unhealthy patterns sooner...
hosting your event was worth it.
If it helps ten... you've changed lives.***

Why Cray Exists

Cray wasn't built in a boardroom. It was built by someone who got it wrong.

Justin, Cray's founder, trusted the wrong person. The signs were there — they usually are — but they were easy to explain away one at a time. He wasn't foolish. He was hopeful. And hope, without a way to check it, kept overruling the pattern forming right in front of him.

The price was enormous. The lesson was bigger: he didn't need someone to warn him about that person. He needed someone, years earlier, to teach him how to see patterns — how to separate what someone says from what they repeatedly do.

So he built the thing he wished he'd had. Cray turns observed behavior into clear, private information — because better information helps people make better decisions. Healthy relationships aren't built by luck. They're built by better decisions.

But here's the part that matters for you:

Technology alone won't change the world. People will.

An app can measure a pattern. It can't start the conversation in a dorm lounge, a break room, or a church basement. It can't make a room full of people feel safe enough to say “I've seen that one.” Only a person can do that.

That's the mission you're joining. Not promoting an app — helping people you know spot patterns sooner. Cray is simply the tool. You're the reason it works.

Becoming a Cray Event Host

Who becomes a Cray Event Host?

People like you. Really — that's the whole list.

- The RA who wants a floor program people actually show up to
- The friend who's watched too many group chats debate the same suspicious texts
- The club officer, chapter leader, youth mentor, or coworker who plans things
- The person who's lived it and wants the people they love to see it coming

Here's what you don't need:

- **No certification.** This isn't therapy and you're not pretending to provide it.
- **No expertise.** The guide carries the content; you carry the snacks and the vibe.
- **No permission.** Not from us, not from anyone. This guide is free to use, forever.

HOST NOTE

Curiosity beats expertise. The best hosts aren't the ones with answers — they're the ones who ask, "what do you all think?" and mean it.

Hosting is smaller than you think. Book a room — or a living room. Invite people. Follow the plan. The activities do the heavy lifting; you just keep it kind and keep it moving.

If you care about helping people recognize unhealthy relationship patterns sooner... you're exactly who this guide was written for.

Planning Your Event

Good news: this is the easy part. A great Cray event needs a space, some people, and phones. Everything else is a bonus.

Two weeks out

- Pick a format — 20, 45, or 60 minutes — and grab a space. A lounge, a classroom, a backyard. Anywhere people can sit in small clusters.
- Invite people the fun way. “Red Flag or Green Flag: come find out” fills a room. “Dating safety presentation” empties one.
- On a campus? Mention it to Residence Life, Wellness, or Student Activities — offices love this stuff and often show up with snack money.

One week out

- Confirm Wi-Fi, and a screen if you can get one (nice, not necessary).
- Tell people to bring a charged phone — Cray is free at cray.app and the app stores.
- Skim the Experiences section once. That's your prep. Seriously.
- Look up your local support resources (campus counseling, community advocacy center) so you can name them — see [Creating the Right Environment](#).

Day of

- Set chairs in clusters of 4–6. Small groups are where the honesty happens.
- Snacks if you want them. Candy for scenario votes. A raffle if you're feeling fancy.
- Write the four ground rules somewhere visible.
- Breathe. You're hosting a conversation, not defending a thesis.

HOST NOTE

Keep it simple. A living room with six friends and a bag of chips has changed more minds than a ballroom with a projector.

How many people?

8 to 40 is the sweet spot. Under 8, skip small groups and just talk. Over 40, recruit a co-host per 20 people. The target energy: game night that keeps turning real.

Creating the Right Environment

People remember how they were treated.

The activities are fun, but the environment is the event. People open up about relationships exactly once: when they feel seen, heard, respected, and safe. Your only real job as host is to make the room feel that way — welcoming, a little playful, and completely judgment-free.

Open with the four ground rules — out loud, every time:

- **What's shared here stays here.** Stories stay in the room. Lessons leave with you.
- **No real names.** We talk about patterns, not people. And nobody runs an assessment on someone in the room.
- **Pass is always allowed.** Nobody has to share, and nobody ever shows their phone or their scores.
- **Be curious, not judgmental.** Everyone here has missed a red flag. That's literally why we're here.

Humor helps — use it. Laughing at a scenario is how a room relaxes enough to get honest. Just aim the jokes at patterns and situations, never at a person in the room or the experiences they share.

HOST NOTE

Someone in the room may have lived through the behaviors you're discussing. Keep the atmosphere welcoming and light — but never at the expense of someone's dignity or experience.

If someone shares something serious

Don't investigate, don't advise, don't make it a moment. Thank them, keep it brief and kind, and check in one-on-one afterward with the list below. If anyone is in immediate danger, call 911. You're a host, not a counselor — knowing where to point people is the superpower.

Keep these resources on hand

- **Love is Respect** (dating abuse, ages 13–26): 1-866-331-9474 · text LOVEIS to 22522 · loveisrespect.org
- **National Domestic Violence Hotline:** 1-800-799-7233 · thehotline.org
- **RAINN National Sexual Assault Hotline:** 1-800-656-4673 · rainn.org
- **988 Suicide & Crisis Lifeline:** call or text 988
- **Your local resources:** add your campus counseling center or community advocacy office here before the event

Cray events are educational, not clinical. This guide and the Cray app don't provide medical, psychological, or legal advice, and an event is never a substitute for professional support.

Pick Your Format

Three sizes. Same heart. Start small — a 20-minute event you actually host beats a 60-minute event you keep postponing.

The 20-Minute Express

Perfect for tabling, floor meetings, or borrowing a slot in someone else's event. All energy, no small groups.

TIME	SEGMENT	WHAT HAPPENS
0:00–0:03	Welcome	One minute on why patterns matter, one minute of rules of the game. Go.
0:03–0:12	Red Flag or Green Flag?	Rapid-fire scenarios from the Experiences section. Vote, debate for a beat, drop the takeaway line, next.
0:12–0:18	Try It Yourself	Everyone downloads Cray (free · cray.app) and privately runs a Quick assessment on a past or current connection. No sharing, no showing.
0:18–0:20	Wrap	One lesson: vibes lie, patterns don't. Point to the app, the resource list, and your next full event.

The 45-Minute Standard

The classic. Icebreaker, private assessments, small groups, schemer awareness — the full arc, efficiently.

TIME	SEGMENT	WHAT HAPPENS
0:00–0:08	Welcome & Icebreaker	Why this matters, the four ground rules, then “Red Flag or Green Flag?” to wake the room up.
0:08–0:22	The Mirror	Private Quick assessments in Cray, then groups of 4–6 with the Round One prompts. This is the heart of the event — protect the time.
0:22–0:30	The Debrief	Full-room reflection with the Round Two prompts: which flags hide best, which get laughed off, how do we help friends see them?
0:30–0:40	Spot the Scheme	Introduce the SchemerScore, perform a transcript, let the room call out tactics, reveal the answer key.
0:40–0:45	Wrap & Takeaways	Key lessons, prizes if you've got them, resources visible, one challenge: have one honest pattern conversation this week.

The 60-Minute Workshop

For when you have the room and the appetite — same arc with space to breathe, both transcripts, and group report-outs.

TIME	SEGMENT	WHAT HAPPENS
0:00–0:10	Welcome & Icebreaker	Extended “Red Flag or Green Flag?” — include the tricky “it depends” scenarios; they spark the best debates.
0:10–0:25	The Mirror	Private assessments, then small groups work through all Round One prompts. Each group picks one insight to share.
0:25–0:38	The Debrief	Report-outs, then Round Two prompts. Widen the lens: these same patterns show up with roommates and friends, too.
0:38–0:52	Spot the Scheme	Both transcripts, tactic naming, and the big one: how do you support a friend caught in one without pushing them away?
0:52–1:00	Wrap & Takeaways	Lessons, raffle, resources, challenge — and pitch your next event while the room is warm.

The Experiences

Three tried-and-true experiences. Read them once, run them forever.

Experience 1: Red Flag or Green Flag?

How it works: Read a scenario aloud (or throw it on screen). Everyone votes — red or green — with hands, sides of the room, or colored cards. Let one or two people defend their vote, drop the takeaway, move on. 60–90 seconds each. Momentum is the magic.

Warm-up scenarios

- They text “good luck on your exam!” the morning of your test. *Green — remembering the small stuff is attention, not pressure.*
- On date two they say “you’re the only person who’s ever understood me.” *Red — instant soulmate talk this early is love bombing, not love.*
- They ask before posting a photo of you. *Green — consent shows up in small habits first.*
- They tease you about your outfit in front of friends, then say “relax, it’s a joke.” *Red — humor that needs a “relax” isn’t humor; it’s a test of what you’ll absorb.*
- They get quiet when upset, ask to talk later — and then actually talk later. *Green — regulation plus follow-through is what conflict skills look like.*
- They want your location “just so I know you’re safe.” *Red — safety framing is how monitoring introduces itself.*

“It depends” scenarios — your debate-starters

- They reply to every text within two minutes. *Depends — attentiveness is lovely; anxiety when you don’t match it is a flag. Watch how they react when you’re slow.*
- They don’t post you on social media. *Depends — privacy is legitimate; hiding you while performing single is different. Watch for consistency.*
- They paid for everything on the first date. *Depends — generosity is green; a later “after everything I’ve done for you” turns it into scorekeeping, which is control.*
- They say their ex was “crazy.” *Depends — one bad ex is a story; every ex being crazy is a pattern about them, not the exes.*

Your closing line: “Notice how the answer was almost never one moment — it was the pattern. That’s the whole idea behind Cray.”

HOST NOTE

You don't need every answer. When the room splits on a scenario, that's not a problem — that's the event working. Let them argue; the pattern-spotting muscle grows in the debate.

Experience 2: The Mirror

How it works: Everyone opens Cray (free at cray.app or the app stores) and privately runs a Quick assessment on a past or current relationship — romantic or not. Say it clearly: scores are private, nothing is posted or shared, and nobody shows their phone to anyone, ever. Then break into groups of 4–6 to talk patterns — never numbers.

Round One — small group prompts

- Which category surprised you — where did flags cluster that you didn't expect?
- Did anything surprise you about how you answered?
- What do you wish you'd noticed earlier?
- Which flags did you once explain away — and what was the explanation?

Round Two — full room prompts

- Which red flags are hardest to spot early?
- Which ones are easy to laugh off but actually matter later?
- How can we help friends avoid ignoring the signs?
- Where do these same patterns show up outside dating — roommates? friends? group chats?

Experience 3: Spot the Scheme

How it works: Introduce the SchemerScore — Cray's assessment for people who connect with hidden agendas. Perform a transcript with a volunteer (commit to the bit; it's better when it's fun). The room's job: shout out every manipulative tactic they can spot. Then reveal the answer key.

Transcript A — “The Borrower” (fictional)

Them: you're literally the only person I trust with this

Them: my card got hacked and rent is due friday. can you spot me \$400? i'll pay you back sunday I PROMISE

You: that's a lot... can you ask your roommate?

Them: wow. after everything I've done for you. forget it, I'll figure out where to sleep

Them (20 min later): sorry babe I'm just stressed ■ you know I love you more than anything

Answer key: flattery-isolation (“only person I trust”), urgency plus a promise that resets weekly, guilt-tripping, catastrophizing, and the snap back to affection the moment the guilt lands — textbook **Exploitation and Manipulation**.

Transcript B — “The Ghostwriter” (fictional)

Them: I'm not like other people you've dated. I'd never lie to you

You: my friend said she saw you on a dating app yesterday?

Them: that's an old profile, I literally can't delete it. your friend has always had a problem with me btw

Them: honestly it hurts that you'd believe her over me. I thought you were different

You: I just asked a question

Them: now you're twisting everything. this is why I don't open up

Answer key: preemptive trust claims, a lie with a ready-made excuse, discrediting your friends, guilt reversal (your question becomes the offense), and the victim-flip that ends with you apologizing — textbook **Deception**.

Closing prompts

- Which tactics stood out — and be honest, which would have worked on you in the moment?
- How do you support a friend caught in one of these without pushing them away?

Questions You'll Get Asked

“What even is Cray?”

A digital student safety tool that helps people objectively evaluate the quality and authenticity of the people they meet — dating, friendships, roommates, everyday connections. Instead of running on vibes, it turns observed behavior into clear, private scores. Free to start on iOS, Android, and the web.

“What do the scores actually measure?”

- **CrayScore™** — the core red-flag assessment: 74 research-backed questions across 18 behavior categories like Control & Coercion, Responsibility, Deception & Infidelity, and Conflict Behavior. There's a Non-Romantic version for friends and roommates.
- **SchemerScore™** — 28 questions across 5 categories (Deception, Manipulation, Exploitation, Attention-Seeking, Sexual Opportunism) for spotting hidden agendas.
- Assessments come in depths — the Quick version fits an event; fuller versions exist for the complete picture.

“Is it private?” (you will absolutely get this one)

Yes — completely. Nothing anyone enters is ever posted, shared, or visible to the person being evaluated. Cray is a private decision-making tool, not a public rating platform, and the app even blocks in-app screenshots. Nobody at your event should ever be asked to show their results.

“Isn't scoring people kind of judgmental?”

You already evaluate everyone you meet — you just do it with vibes. Cray makes that evaluation honest, structured, and private. And it measures behavior, not identity: what someone repeatedly does, not who they are.

“What if the app scores my friend's person badly?”

A score is a conversation starter, not a verdict. The win isn't the number — it's noticing a pattern early enough to talk about it.

“Is this only for dating?”

Nope. Control, deception, and guilt show up with roommates, friends, and marketplace strangers too. Same patterns, different packaging — Cray covers those as well.

Make It Yours

This guide is a recipe, not a rulebook. The best events are the ones that sound like their host.

- **Feed people.** Pizza for a workshop, candy for votes, a themed snack if you're extra. Food turns attendees into a room.
- **Add prizes.** A raffle, a “best debate point” award, a dollar-store trophy for Top Pattern Spotter.
- **Write your own scenarios.** Swap ours for ones your crowd will recognize — your campus, your group chats, your culture. (Keep them fictional — no real, recognizable people.)
- **Invite a guest.** A peer educator, a wellness staffer, an advisor — someone the room trusts.
- **Pick your vibe.** Trivia-night energy, book-club energy, late-night-dorm-talk energy. All correct.
- **Keep what works, cut what doesn't.** Your second event will be better than your first. That's the point of hosting twice.

After Your Event

The event ends. The mission doesn't.

- **Ask three questions** before people leave: what landed, what dragged, what next?
- **Share it.** Post your photos and tag [@cray.app](#) — we love celebrating independent hosts (faces only with permission).
- **Issue the challenge:** one honest pattern conversation with a friend this week.
- **Host again.** Momentum is a muscle. Put the next date on the calendar while the room is still warm.
- **Teach another host.** Hand this guide to the friend who said “this was actually great.” That's how a movement moves.

Every event creates another opportunity for someone to recognize unhealthy patterns sooner.

A few house rules (the fine print, kept human)

- Keep events free — passing a hat for pizza is fine; selling tickets isn't.
- Call it what it is: “independently organized using Cray's free hosting guide.” Don't imply Cray sponsored or ran your specific event.
- Use the materials as-is — don't alter Cray's name or branding.
- Never collect anyone's scores, screenshots, or answers — at the event or after.
- Educate about patterns — never target, out, or shame a real, identifiable person.

A Letter From Justin

Hi — I'm Justin, the founder of Cray.

If you've read this far, you're probably actually going to host one of these. I want you to know what that means to me.

I know firsthand the damage choosing the wrong person can cause. Not because I read about it — because I lived it. I missed the patterns. I explained them away, one at a time, the way hopeful people do. Nobody had ever taught me to see them, and by the time I could, the price had already been paid.

I built Cray so other people could learn in an evening what took me years. But I knew from day one that an app, on its own, doesn't change anyone's life. A conversation does. A friend does. A room full of people laughing about red flags until one of them quietly recognizes their own situation — that changes a life.

I can build the tool. I can't be in your dorm, your break room, or your living room. You can. Which means the most important part of this mission was never mine to do — it was always going to belong to people like you.

So host the event. Keep it kind. Keep it fun. And know that somewhere in your room, there's a decent chance someone will see a pattern sooner because you bothered.

Thank you for joining us in making the world a better — and safer — place.

— Justin

Founder & CEO, Cray

Continue the Mission

This guide will keep getting better — and everything new lands in one place.



cray.app/safety

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Questions, event stories, or photos? **hello@cray.app** — we read everything.

Vibes lie. Patterns don't.

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