

The UK first-date safety checklist

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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 train, the night bus, or a licensed taxi firm's number.

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, ask staff for help. Many UK venues run 'Ask for Angela' or similar schemes.
- ☐ Consent is ongoing and can be withdrawn at any point, by either of you. A yes earlier is not a yes later.
- ☐ Only book a minicab through a licensed operator. A car that turns up without being booked is not a safe ride.

Afterwards

- ☐ Text your friend that you're home.
- ☐ 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 and report it to the police on 101 or 999 in an emergency.
- ☐ Sexual health: condoms, and regular free tests at an NHS sexual health clinic. Many areas offer free home test kits.

Emergency: 999. Non-emergency police: 101. Sexual health: your local NHS sexual health clinic. For adults 18+. General information, not professional advice. © 2026 Pearl Digital LLC.