How To Date Online

DOWNLOADING RELATIONSHIP

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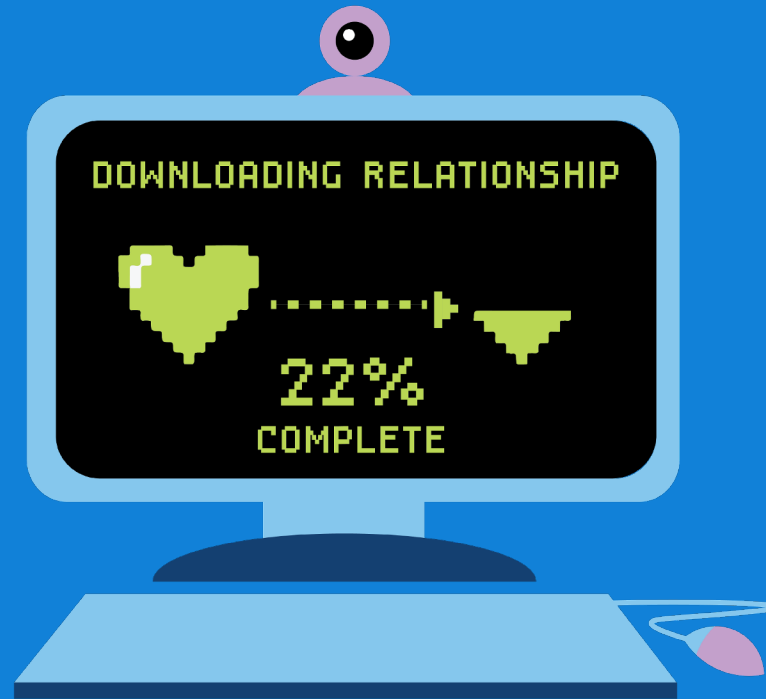
**Online dating involves a lot of steps,
from setting up a dating profile to sending that first message.
This resource walks you through every step!**

How To Set Up Your Dating Profile

Your dating profile is the first thing your potential matches will see. Share important and interesting things about yourself to attract compatible people. Here's a guide for creating an attractive and authentic dating profile!

Pictures

Your first photo is the first thing other people will see. Choose one that makes you feel attractive and confident!

Include more than one photo to let other people know you're a real person.

Description

Talk about your hobbies and interests! You want to give people looking at your profile a sense of who you are.

Consider including what you are looking for in a relationship. For example, "Looking for something casual" or "Looking for a serious relationship."

BE YOURSELF

You want people to swipe right because they're interested in **you**!

Dating Profile Do's and Don'ts

DO Pick a Current Photo

Use photos from the past 1-2 years.

DON'T Use Group Photos

It may be hard to figure out which one is you.

DO Share Your Values

Talk about things that are important to you. You're more likely to attract compatible people!

DON'T Be Close-Minded

It's good to know what you want, but don't be too specific. People can surprise you!
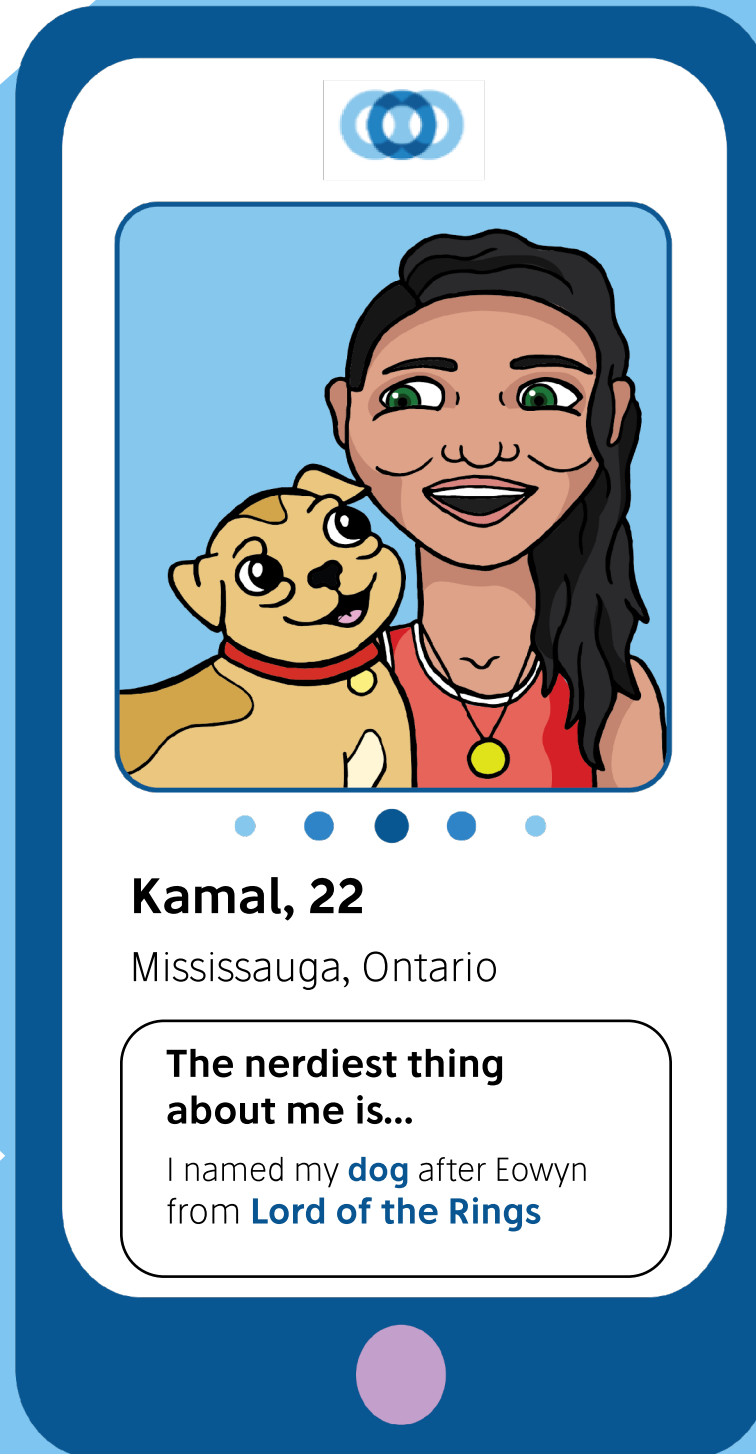
How to Chat Online:
Starting a Conversation!

Meeting new people can be scary, especially when you're trying to make a good first impression.

Here are some tips for sending that opening message!

2 Look for parts of their profile you find interesting!

Kamal, 22

Mississauga, Ontario

The nerdiest thing about me is...
I named my **dog** after Eowyn from **Lord of the Rings**

You Matched with Kamal! **1**

Write an opening message! **3**

FLIRTY
That's so cool! I love nerds ;)

OR

CURIOUS
What do you like about Lord of the Rings?

OR

CASUAL
Hi! How are you?

Wait for their reply. You may not get one, but that's ok! **4**

How To Have a Conversation Online

You

I love that you named your dog Eowyn! What do you like about Lord of the Rings?

Flirting opportunity

Kamal

Yeah, super **nerdy** right? I like **fantasy** and all the complex world-building.

You

I like **nerdy** ;) What kind of **dog** is Eowyn? She's super cute!

Ask questions!

Kamal

We're well matched then LOL. She's a **pug mix**. I adopted her a few years ago. Do you like dogs?

You

Oh absolutely! I don't know if I trust people who say they don't like dogs. **Pugs** are awesome!

Share what you have in common!

Enjoy getting to know someone new!

• • •

Emojis

Emojis are a great way to express tone and meaning, which is helpful when you can't see facial expressions.

😉 **Flirty or Sexual**

🙈 **Shyness or Embarrassment**

😘 **Love or Affection**

😏 **Sexual**

😂 **Laughing or Funny**

Digital Dating

Toolbox

Dealing with Rejection

Ghosting

People 'ghost' for all different reasons. This can be **confusing** since you don't know what went wrong.

Give yourself time to grieve.

Move on to finding more authentic connections.

Not every relationship will have a happy ending. Some people will not return your feelings, or they may want to end the relationship.

Rejection is a natural part of life, and can be hurtful.

Just remember that each rejection is an opportunity to move on and find the right person!

What Do I Do?

Send a **brief message** asking for honesty and clarification.

"I haven't heard from you in a while. I'd like to talk more, otherwise I wish you the best."

If they continue to ignore you, it's best to end communication.

Sexting

When being with your partner in-person is not an option, sexting is an alternative

What is Sexting?

Sexting is the sending or receiving of sexual content using technology like your phone, a dating app, or webcam. Sexting can be:

- Nude or semi-nude pictures or video
- Messages describing sex acts
- Pictures or videos of sex acts
- Live chats on webcams involving sex acts

Sexting can be a great way to explore your sexuality, trust, boundaries, and intimacy.

The choice to engage in sexting is a personal one, and comes with some risk. It's important to take the time to figure out how you feel about it.

Questions to Ask Yourself Before Sexting

1 Why do I want to sext with my partner?
It's natural to want to please your partner, but how you feel is most important!

2 How much do I trust my partner?
What do you know about their motivations, needs, and ability to support and respect you?

3 What are my boundaries and does my partner respect them?
What do you want to do?
What don't you want to do?

4 What happens to what I send?
Who do you want to see your sexts?
Who do you NOT want to see your sexts?

IMPORTANT AGE CONSIDERATION
Some people are too young to engage in sexting. Consult the Age of Consent laws in your region before agreeing to send or receive a nude image.

Sexting
A How-To Guide

Permanent
You cannot un-send a sext. You are relying on your partner to be trustworthy and respectful.

Harassment
You could be harassed or bullied if your images get shared. (Remember this is not your fault.)

Revenge Porn
Images could be used against you or shared without your consent.

Establish Rules
Agree on what happens to the sexts afterwards. Are they deleted? Password protected?

Ask First
Ask your partner if you can send new pictures/videos.

Boundaries
Be clear about what you want and don't want to do.

What is Revenge Porn?
When people share nude pictures or videos of you without your consent to hurt or embarrass you.

Sexting
A How-To Guide

Checking In

It's important to communicate with your partner to see how they're feeling, especially if you think something is wrong. **Check-ins** give you the chance to adjust, keep going, or stop sexting.

When to Check-In

Long periods of silence

Short answers

Attempts to change the subject

It's OK to Kill the Mood!

If you're not enjoying yourself anymore, it's okay to stop! Don't worry about anyone else.

Share Your Feelings

"That was super hot, but I'm feeling a bit overwhelmed. Could we change the subject?"

6 Ways to Check-In

Checking in can sometimes feel uncomfortable or awkward, which is normal. Practice makes perfect! Here are some ways to check in:

1. Would you like to slow down?

2. Do you like that?

3. How are you doing over there?

4. Are you having fun?

5. Would you like to stop?

6. What would you like to try?

Content Warning

The next page will feature sexting and discuss sex acts and body parts.

Please feel free to skip this section if you'd like.

Sexting
A How-To Guide

Nudes

1. Wear what makes you feel confident.
2. Don't show your face.
3. Find some natural or warm lighting.
4. Experiment with poses.

Always ask before sending - "Can I send you a nude pic?" or try, "I'm so turned on right now. Do you wanna see what you're doing to me?"

Sexy Talk

Preview	What are you wearing? ;)
	I'm gonna make you feel so good
Tease	Too bad you're not here right now
	I'm so wet/hard right now
Requests	I want you inside me
	I want you to touch [body part]
Filler	What are you gonna do to me?
	Tell me more...

How to Say No to a Nude
"I'd rather wait to see you in person."
"That's not something I'm comfortable with."

Ask Before Sending!
"I found the hottest video. [Description of Porn Clip]. Wanna watch it with me?"

Sexy GIFs
Send a GIF of a sex act or a sexy scene. You can find them on Tumblr or Reddit.

Alternatives to Sending Nudes

Porn Clips
Send a porn clip of your sexual fantasy or something you'd like to try.

Acknowledgments

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