STRIKE FIRST GUARDIAN

DATING SAFETY · FREE GUIDE

First-Date Safety Guide

Meeting someone new should be exciting, not uncertain. Use this checklist before, during and after every first date — whoever you are and whoever you're meeting.

BE READY. STAY AWARE. From the instructors at Strike First Fitness

Before the date

- [ ] Video chat first to confirm they are who their profile says.
- [ ] Search their name and photos. Details that don't match are a reason to slow down.
- [ ] Keep your address, workplace and daily routine private for now.
- [ ] Pick a busy, public place you know, and keep the first meeting short.
- [ ] Plan your own transportation there and back. Skip the pickup.
- [ ] Charge your phone and tell a friend who, where and when.

During the date

- [ ] Sit where you can see the exits and other people.
- [ ] Watch your drink being made and keep it with you. If you leave it, order a new one.
- [ ] Decide your limits ahead of time — on drinking, on time, on changing venues.
- [ ] Check in with your friend at the time you agreed.
- [ ] Trust your gut. You don't need proof that something is wrong to leave.

Warning signs

- [ ] Pushing you to drink more, move somewhere private, or leave with them.
- [ ] Ignoring a "no" about anything, however small.
- [ ] Anger, guilt-trips or sudden mood swings when you set a limit.
- [ ] Stories that change, or a person who looks different from their photos.

My trusted-contact plan

Trusted contact: _____ Phone: _____

Date's name / profile: _____

Where: _____ Check-in time: __

Code word that means "call me now": _____

If I miss my check-in, my contact will: _____

If it turns uncomfortable

- [ ] Excuse yourself. Ask staff for help or to call you a ride.
- [ ] Use a call or text from your trusted contact as your exit.
- [ ] Stay where there are people. Don't step outside alone with them.
- [ ] If you feel threatened, call 911. Move toward light, people and staff.

After the date

- [ ] Get home on your own and text your contact that you're safe.
- [ ] Don't let a new date follow you home or know where you parked.
- [ ] Block and report anyone who makes you feel unsafe.
- [ ] If something happened, support is available 24/7: RAINN 1-800-656-4673, National Domestic Violence Hotline 1-800-799-7233.

PUT IT IN YOUR POCKET

Strike First Guardian

Live location — Share it with your trusted contact for the length of the date.
Safety timer — Set it for when the date should end. Miss your check-in and your contacts are texted. (Premium)
Fake call — A believable incoming call when you need a way out. (Premium)

strikefirstguardian.com — coming soon to iPhone and Android

General safety information, not a guarantee of safety or a substitute for professional training. Strike First Guardian is not an emergency service. **In an emergency, call 911.**

© 2026 Strike First Fitness, Inc.
strikefirstguardian.com