First date and night-out safety plan

Meet in public, tell a friend, plan your own way home, and agree a check-in time.

NAME

DATE

WHO I'M MEETING OR GOING OUT WITH

WHERE

DATE AND TIME

FRIEND I'VE TOLD

PLAN

- [ ] Meet somewhere public
- [ ] Share my location or plans with a friend
- [ ] Plan my own way there and home
- [ ] Keep my phone charged
- [ ] Agree a check-in time with my friend
- [ ] Keep an eye on my drink
- [ ] It's OK to leave at any time

CHECK-IN TIME

HOW I'M GETTING HOME

BACKUP RIDE OR TAXI NUMBER

SOURCES (CHECKED 2026-11-26)

Vancouver Police suggest meeting in a public place and telling a friend your plans when meeting someone from a dating app. https://vpd.ca/crime-prevention-safety/online-dating-safety/ (checked 2026-11-26)