

The Online Dating Starter Checklist



A Safety-First Guide



EMOTIONAL READINESS CHECK

Before you step back into dating, make sure you're doing it from a grounded place - not loneliness, fear or pressure.



PROFILE SAFETY AUDIT

Your profile is your first line of defence. Keep it safe, smart and scam-proof.



EARLY STAGE COMMUNICATION SAFETY

The first conversations set the tone. Stay in control.



IDENTITY VERIFICATION BASICS

A genuine person won't resist simple verification steps.



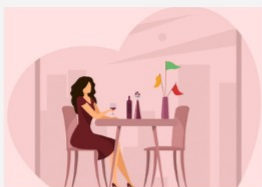
HEALTHY PACING GUIDELINES

Healthy relationships grow slowly and consistently - not intensely and urgently.



FIRST MEETING SAFETY

When you're ready to meet in person, keep it safe and simple.



RED FLAGS TO WATCH FOR

There are common scammer behaviours - trust your gut!



YOUR SUPPORT SYSTEM

Dating is easier - and safer - when you're not doing it alone.



YOUR SAFETY PROMISE TO YOURSELF

Create a simple commitment to keep you grounded.



TRUST BUT VERIFY

You deserve to feel safe and supported. PDPI can help you verify an online profile discreetly and professionally - let's get you started right.