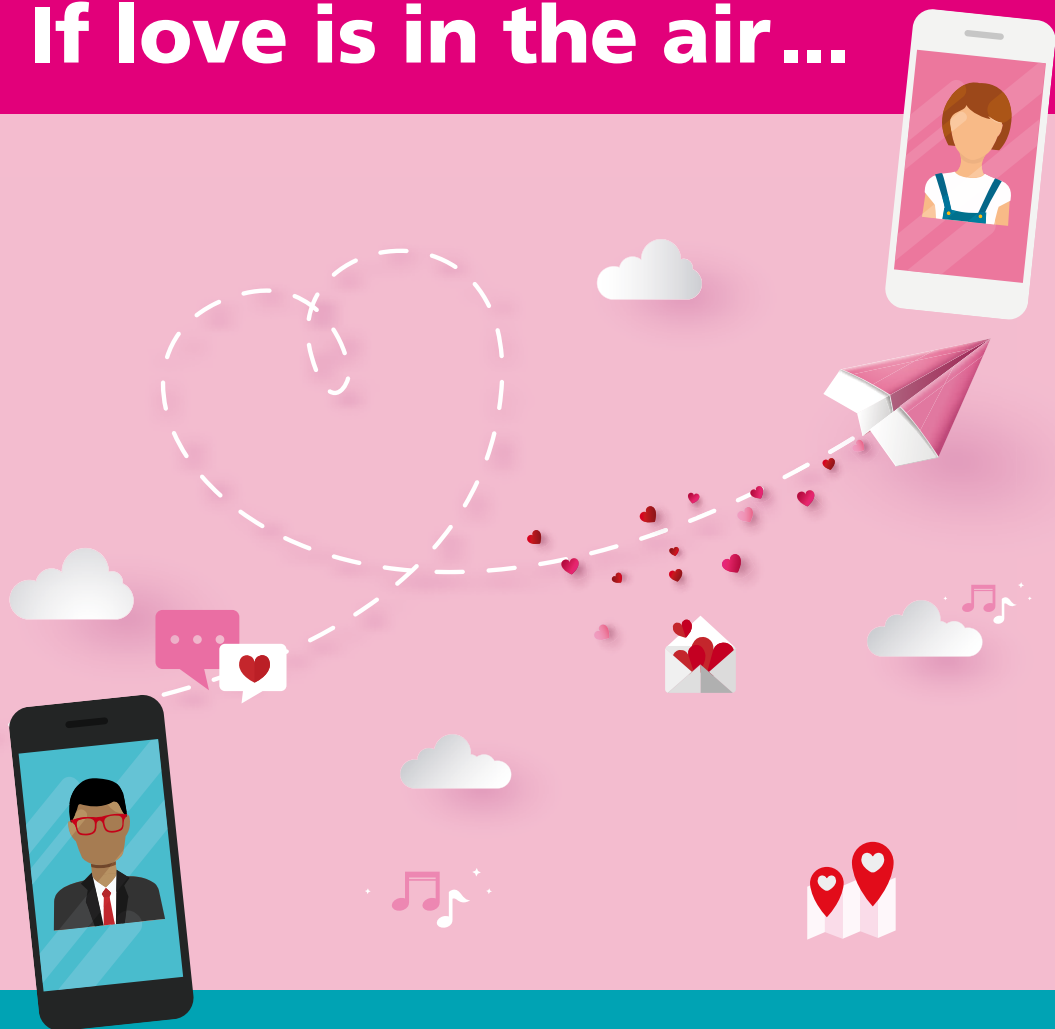


If love is in the air...



Read our top tips on safe online dating



www.getsafeonline.org



You can't beat online dating for convenience, choice and fun, whether you're experienced or trying it out for the first time.

But like many things you do online, if you don't take care with what you're doing, you could run into problems, such as:

- **Romance fraud** – where your 'date' is actually a cybercriminal not interested in you as a person, but your money or identity, or both.
- **Catfishing**, where you're lured into a relationship by someone with a false or stolen profile.
- **Personal danger** when you meet your date face-to-face.

Read these expert tips to help keep online dating safe and secure

- **Date via a reputable site or app** and maintain your conversations on its messaging service until you're confident your date is who they say they are, and that you completely trust them. It may cost you more money, but it's worth it for peace of mind.
- **Use unique and secure login details** on dating sites and apps to avoid your account being hacked.
- **Search matches using** their name, profile pictures or any repeatedly used phrases and the term 'dating scam', 'romance scam' or 'catfish'. Also do a reverse image search to see if the photo is of somebody else. You can find advice on how to do this on your device by searching 'Search with an image on Google'.
- **Get to know the person**, not the profile. Ask plenty of questions, don't let your heart rule your head and don't rush into anything. This may also help you avoid becoming a victim of a false relationship where you're simply being used for sex or extortion.
- It's great when someone you meet online is enthusiastic, but be wary about people who are overly keen.
- **Never send money**, bank details or passwords to someone you've met online, whatever the reason they give for needing it, nor how long you've been speaking to them. You bank will do its best to track and recover your payment but isn't responsible for any losses.
- **Protect your personal details.** Revealing your full name, date of birth or home address could lead to fraud, identity theft or even personal harm. Don't reveal the names, details and locations of your children or other family members.
- **Be wary** about sending intimate images or videos of yourself to someone you've met online. This could lead to problems such as extortion or reputational damage, and you can never be sure who will get to view the content. Also remember that some relationships don't last forever and you may not want your ex to be in possession of your private images.
- **End conversations** with anyone you meet online who tells you not to mention them to your friends and family. Fraudsters and sexual predators work by isolating their victims.
- Don't meet an online date in person for the first time without first **telling a friend or family member where you're going.**



Meet in a public place, keep your phone switched on and think about arranging for someone to call you during the date so you can make your excuses and leave early. Arrange your own transport to and from the date.

- **Dating sites are for dating.** Don't use them to ask for money, promote products, encourage illegal or irresponsible behaviour, spread ideologies or carry out recruitment of any kind.



If you become a victim of romance or any other fraud, report it immediately to Action Fraud on www.actionfraud.police.uk or on 0300 123 2040 (or if you're in Scotland, Police Scotland on 101). Also, report it to the dating site or app where you met the perpetrator. Report any assaults to the police.



#safedating

For comprehensive, practical, impartial advice on safe online dating, visit getsafeonline.org, choose 'Protecting Yourself' then 'Safe Online Dating'



Get Safe Online

Get Safe Online is the UK's leading source of information and advice on online safety and security, for the public and small businesses. It is a not-for-profit, public/private sector partnership backed by law enforcement agencies and leading organisations in internet security, banking and retail.

For more information and expert, easy-to-follow, impartial advice on safeguarding yourself, your family, finances, devices and workplace, visit www.getsafeonline.org

If you think you've been a victim of online fraud, report it to Action Fraud, the UK's national fraud and cybercrime reporting centre on **0300 123 20 40** or at www.actionfraud.police.uk

In Scotland, report fraud to Police Scotland by calling **101**.



www.getsafeonline.org

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NATIONAL TRADING STANDARDS
eCrime Team

cfas
Leaders in fraud prevention

STOP MAD

EUROPOL EC3
European Cybercrime Centre

neighbourhood ALERT

ActionFraud
National Fraud & Cyber Crime Reporting Centre
www.actionfraud.police.uk

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Llywodraeth Cymru Welsh Government