

MADE BY YOUTH FOR YOUTH

# MAYA'S DATING HANDBOOK

VOL 1.  
DATING APPS  
for College Students

CENTER FOR DOMESTIC  
PEACE:  
MARIN AGAINST YOUTH  
ABUSE (MAYA)

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# DATING ONLINE

## MAKE YOURSELF AWARE

At this point, if you're around teens/ young adults, you either likely know someone who has or have yourself been on a Tinder/Bumble, etc., social media date.

While meeting new people can always be fun and exciting, it's crucial to educate yourself about the potential dangers of online dating.

No one is saying you don't go on your Tinder date this Friday, but here are some things to know before you do.

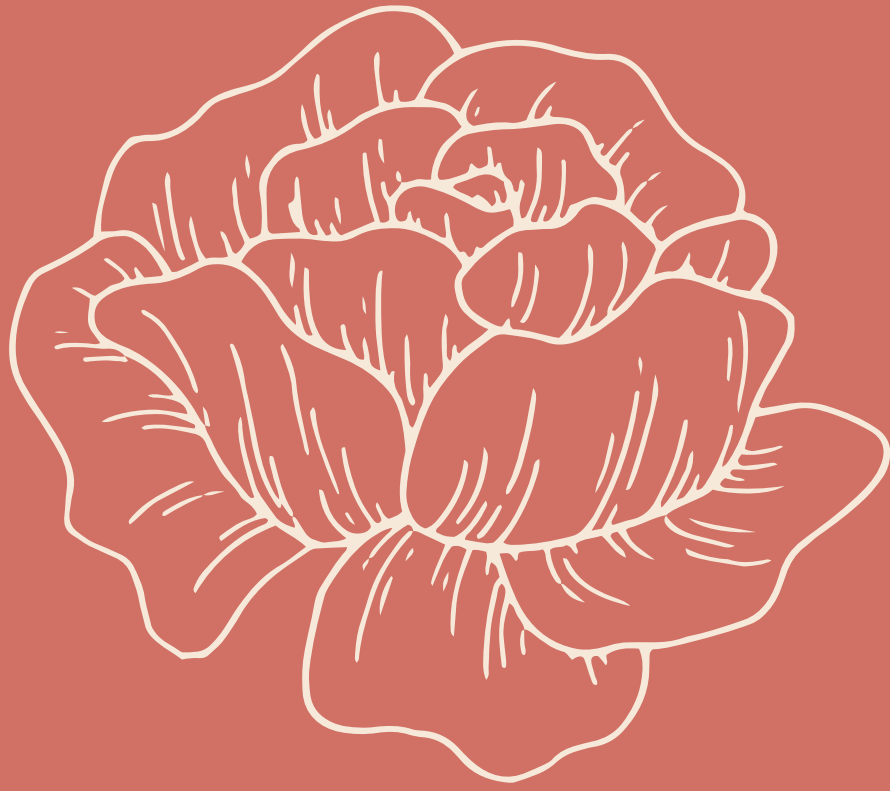


# SOME INFO ON TINDER USERS

Using the Five-Factor Model, a study that analyzed Tinder users' personalities found that Tinder users scored higher on extraversion and openness while low in conscientiousness and generally younger than the average population. In addition, a more significant number of users are men.

- Dating app users, including users of Tinder, are more likely to be sociable and impulsive than non-users, as well as reporting more symptoms of anxiety in a similar study
- Tinder users tend to score higher on the Dark Triad traits: Machiavellianism, narcissism, and psychopathy.
- Anger was at the center of the correlation between narcissism and antisocial behaviors found on Tinder, indicating that aggressive behaviors, such as threats of sexual abuse, harassment, or abuse, are often preceded by feelings of being ignored or rejected by a potential counterpart.





# LIFESTYLE EXPOSURE THEORY

discusses the level of exposure to conceivable situations or offenders directly correlates to the likelihood of crime victimization.

*Essentially, the riskier situations you have been repeatedly exposed to directly correlate to the situations you will likely be in the future, as **the more you are exposed to a risk, the less risky it seems.***



# RISKS TO CONSIDER

Many dangers and risks come with online dating, especially to young adults such as typical college-age students (18-24) and more.

Women and LGBTQ+ men have reported receiving sexually insulting or harassing messages from men, usually on the subject of their appearance. Expressly, threats of sexual violence and/or blaming the victim, especially if the antecedent was rejected by a prospective date.

Primary concerns are exposure to sexual harassment, deception, and dishonest individuals, as online dating risks often extend to offline abuse.





# WHAT DO I DO WITH THIS INFORMATION?

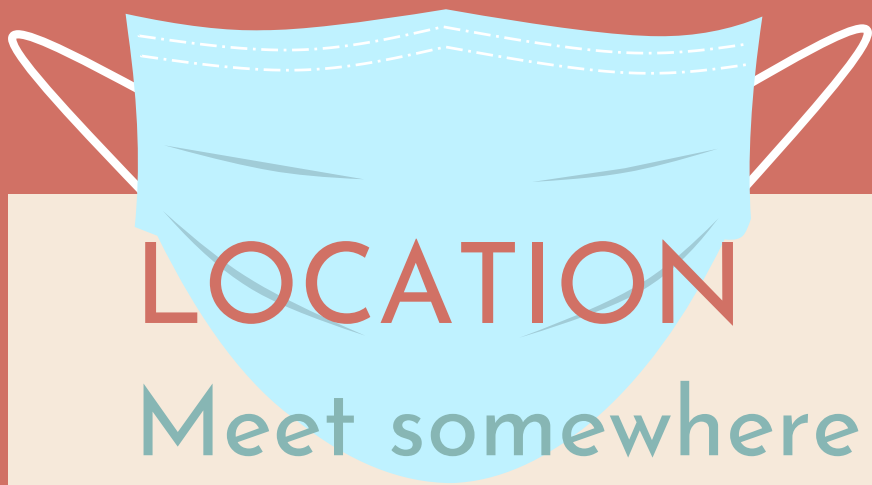
Now that we know the long-term implications.

BUT, it's not like all youth and young adults will stop using Tinder.

So how can we use this information for our benefit?



# DATING PPE



## LOCATION

Meet somewhere public like a restaurant or mall, not their house.

## SHARE

Make sure trusted loved ones know your location & what you're doing at all times (i.e., your BFF)

## PRIOR DIGITAL MEET

Make your date call you on the phone before you meet in person. Feel out the vibe.

## TAKE PRECAUTION

Bring mace on a new date, or don't accept drinks until a few dates in.





This is NOT to say all Tinder/Bumble dates are bad. I'm writing to you with a partner from Tinder. This is only to recognize two sides to every coin, as even I experienced the good and bad sides. Just because it hasn't happened doesn't mean it can't.

Dating apps can be exciting. Just remember to put your safety before fun.



# Connection & Resources

ARE YOU IN DANGER?

CALL 911 IF YOU HAVE AN  
EMERGENCY.

24-HOUR HOTLINE

415-924-6616

TEXT HELP AVAILABLE:

415-526-2557, 9AM — 5PM,

MONDAY — FRIDAY

FOR THERAPY AND SUPPORT  
GROUPS, PLEASE CALL 415-526-  
2553, 9 AM — 5 PM, MONDAY —  
FRIDAY



**@MARINAGAINSTYOUTHABUSE**

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<https://centerfordomesticpeace.org/>





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6. N COLOMBANA WALSH -  

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MARIN AGAINST YOUTH ABUSE