



GET SET UP FOR SAFETY

Online Dating Safety Tips

Online dating sites and apps have become a popular method for people of all ages to connect romantically with others. Sometimes people may even strike up a friendship with you on another social media platform, such as Facebook or WhatsApp.

Scammers can exploit your search for connection, posing as someone they're not, to steal your money, personal information, or trust.



Key Tips for Safe Online Dating

- **Avoid sharing excessive personal details** e.g., your full name, address, phone number, email address, and financial information publicly, or with someone you've just met online.
- **Do not share your location** or post any photos or videos which give away your location.
- **Don't share any information or images** of your family or grandchildren - keep your family safe.
- **Never send money or financial information** to anyone you meet online, especially if they are overseas.
- **Choose a public space, bring a friend, or let someone know** your whereabouts if you decide to meet in-person.

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Look out for red flags:

- A stranger sends you a friend request or messages you.
- Excessive friendliness and admission of love very quickly.
- Consistently avoids video calls or makes excuses to avoid meeting in person.
- Demands or repeated requests for money to 'help an urgent situation' or a 'good investment'.
- Wanting you to keep the relationship secret from friends and family.
- Use of pre-recorded content, or stolen images. Scammers may also use AI tools to create realistic-looking images or video content so you can't always trust what you see. You can check if profile or other images are more likely to be legitimate by using a reverse image search tool.

For free confidential advice, contact Netsafe.



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Get Set Up for Safety

For more information about online dating (including romance scams) see our **[Guide to Safer Online Dating](#)** and **[Understanding Romance Scams](#)** resources on the Netsafe website.

Netsafe's free Get Set Up for Safety resources have more tips and advice about online safety topics from scams to information security. **Find out more at netsafe.org.nz/olderpeople**