



# The Dating Safety Awkward Conversation Guide

A framework for

safely discussing the results of

The Dating Safety Background Report and

The Dating Safety Photo Validation Report

(or your own research)



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## IS IT ETHICAL TO RESEARCH YOUR ONLINE DATE?

Many people feel a bit hesitant or awkward when telling their date they've done some online research on them. Let's own this practice and make it more mainstream. Take pride in the fact that you've taken the time to prioritize your safety. It's a responsible and proactive step that allows you to make informed decisions and create a safer dating experience for yourself.

Is it ethical to research your online date? Heck, yes!

Unless you are going on a restricted site or locating information on the dark web, you are conducting research ethically; obtaining information that is publicly available.

What IS unethical? Unethical behavior is conning, scamming, and catfishing an unsuspecting victim.

# Ice Breakers

**Below are some ideas on how to start a conversation about online research.**

1

**Safety Concerns:** Explain that online dating safety is a priority for you. Mention that it's a common practice to ensure the authenticity of the person and to feel more secure about meeting them in person.

Example: "I hope you don't mind, but I believe in prioritizing safety when meeting new people. It's a routine for me to do an online search to ensure everything aligns, and it's a practice I share with friends for our collective well-being."

2

**Common Practice:** Highlight that many people engage in online research before meeting new individuals, and it's not meant to pry but rather to establish a level of comfort. You can emphasize that you wish everyone followed this practice to help eliminate catfishing.

Example: "I've found that many people these days do online research before meeting someone new. It's not about prying into personal details but more about establishing a sense of familiarity and trust."

3

**Transparency:** Emphasize your commitment to openness and honesty. Let your date know that you value clear communication and want to ensure both parties are on the same page.

Example: "I believe in open communication, and to be transparent, I did some online research on you. It's not about digging into your personal life, but more about ensuring that we both have a clear understanding as we get to know each other."

## Approach Strategy: Part 1

Here are some guidelines to help you approach the conversation with sensitivity and minimize potential conflict: First things first, safety is your top priority and embrace safety as your BFF. Before you even think about bringing up a red flag or asking a tough question, make sure you've got your back covered.

### Setting the Stage for Success

- Choosing the right time: Ensure both parties are emotionally available and receptive.
- Creating a safe space: Opt for a calm setting without distractions. Express appreciation for honesty and vulnerability. Emphasize the importance of respectful listening and non-judgmental communication.
- Practicing active listening: Pay full attention to your date's words and body language. Ask clarifying questions and avoid interrupting.
- Expressing your feelings and concerns: Use "I" statements to take ownership of your feelings. Focus on specific behaviors or situations rather than making accusations.
- Tag a trusted advisor: A mentor, therapist or support group can be your secret weapon for navigating charged conversations and processing your feelings. Don't be afraid to reach out for expert advice. Remember that role playing is an outstanding tool to prepare for these conversations.
- Please see the scenarios outlined in the next section for some role playing examples.
- If you have any concerns about your date's potential for violence, do not attempt to discuss these topics in person. Use extreme caution if you decide to address your concerns.
- If you have concerns about potential violence, reaching out to a professional resource for support and guidance is crucial. Here are some helpful options:
  1. The National Domestic Violence Hotline: 1-800-799-7233
  2. The Rape, Abuse & Incest National Network (RAINN): 1-800-656-HOPE You can also get help online at RAINN's website: : <https://www.rainn.org>
  3. Your local law enforcement agency.
- Please see our comprehensive list of resources on our [Resource Page](#) at Janexfbi.com.

## Approach Strategy: Part 2

### Navigating Specific Sensitive Topics

1

- Financial Concerns:
  - Discuss financial goals and expectations openly and honestly.
  - Address any financial red flags identified in your Dating Safety Background Report diplomatically.
  - Offer to share financial information, but respect boundaries if your date is not ready.

2

- Personal History:
  - Allow your date to share their story on their own terms. Avoid pressuring them to reveal sensitive information.
  - Be open to hearing about their past, even if it differs from your own experiences.
  - Offer support and understanding without dwelling on negative aspects.

3

- Intimate Relationships:
  - Discuss expectations for intimacy openly and honestly.
  - Respect your date's boundaries and communicate your own needs clearly.
  - Be mindful of consent and ensure both parties feel comfortable and respected.

## Approach Strategy: Part 3

### Bowing Out Gracefully

- Express appreciation for their openness and willingness to communicate openly.
- Have an exit plan: Meet in a busy public place where you can leave if things get tense. Let a friend or family member know where you're going and set up a code word for them to call you if you need a quick rescue.
- Keep in mind: context is important related to research results. Your date may have a perfectly reasonable explanation for something that seems like a red flag to you.
- If necessary, agree on next steps or ways to address any remaining concerns.
- End on a positive note, reaffirming your interest in continuing the relationship, but only if that is the truth!

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# Role Playing Scenarios

The unpredictability of individual reactions: There's no guarantee how your date will react to the news that you've ordered The Dating Safety Background Report, The Dating Safety Photo Validation report, or done your own online research on them.

Some might become angry, while others might be understanding or even relieved. It's difficult to predict individual responses and advising you on a specific approach could potentially put you at risk.

However, we can offer some general guidance on navigating this situation while prioritizing your safety. You've stumbled on something questionable in your date's background check. Now what?

Navigating potentially awkward chats can feel like walking a tightrope blindfolded, with your heart stuck in your throat. So let's look at three different ways things could unfold when you tell your date about something you found during a background check.

These are just three potential scenarios, and the actual reactions of individuals in such situations can vary greatly based on personalities, relationship dynamics, and other factors. If you ever feel unsafe in a situation like this, prioritize your safety, remove yourself from the situation, and seek help from friends, family, or law enforcement.

## Scenario Presentation

Each scenario will be presented as follows:

### INITIATOR

A name will be mentioned here, representing the person who starts the conversation. Remember, this could be anyone, regardless of gender. Just swap the names around if the situation aligns better with your vision.

### CONTEXT

Each couple met on an online dating app and has been on one previous date at a coffee shop.

### CONVERSATION

This will present the conversation itself, with dialogue attributed to both characters. Feel free to switch the names based on who you think resonates best with the initiator role in each scene.

### OUTCOME

This will summarize the immediate outcome of the conversation, such as emotional states or any decisions made.



## Scenario 1: Open Communication and Clarification

- Sarah:** "Hey Jake, there's something I wanted to talk about regarding our last date. When you mentioned your past career change, I ran a background check out of curiosity and found something I wanted to understand better."
- Jake:** "Oh? Is everything okay?"
- Sarah:** "Yes, of course. It's just that the report mentioned a legal dispute with your previous employer. Would you mind sharing your perspective on what happened?"
- Jake:** "Sure, no problem. The truth is, I left under some tense circumstances due to creative differences. The report probably focuses on the lawsuit filed, but it was ultimately resolved amicably, and I'm proud of my work there."
- Sarah:** "Thank you for being open about it. That makes complete sense. I appreciate you clarifying, and I wouldn't want any misunderstandings to hold us back."
- Jake:** "Same here. Thanks for asking instead of assuming the worst. It means a lot."

Outcome: Open communication clarifies the potential red flag, strengthening trust and understanding in the relationship.

## Scenario 2: Upset Reaction to a Background Check

- Emily:** "Hey Daniel, there's something I wanted to talk about regarding our last date. When you mentioned your past career change, I ran a background check out of curiosity and found something I wanted to understand better."
- Daniel:** "So, I am surprised to learn you ran a background check on me after our coffee date."
- Emily:** ""Well, yeah, I like to be cautious. It's just a common sense thing in today's world."
- Daniel:** "Cautious? Do you think I'm some kind of criminal? That hurts, honestly."
- Emily:** "No, not at all! But things like credit history and past addresses can be helpful to know in a potential relationship."
- Daniel:** "My privacy matters too, Emily. This feels like a violation of trust after just one date."
- Emily:** "Look, I apologize if it came across that way. I feel the need to be very careful with online dating and routinely run reports on all my online dates. The information I read was all online and from sites with only publicly available information. Maybe we can talk about how to communicate openly to help me feel comfortable with some of the information?"

**Outcome:** The background check sparks conflict and raises questions about the level of trust and respect in the budding relationship.

## Scenario 3: Anger and Potential Violence

- Maya:** "Hey Brandon, there's something I wanted to talk about regarding our last date. When you mentioned your past career change, I ran a background check out of curiosity and found something I wanted to understand better."
- Brandon:** ""You ran a background check on me?! Who the hell gave you the right to do that?"
- Maya:** ""It was just to be safe, Brandon, and it's something I routinely do with someone new that I'm dating. I found some things in your report that worried me."
- Brandon:** "Safe? You're the one who's not playing it safe by snooping around in my life!"
- Maya:** "Brandon, I'd love to talk about this rationally."
- Brandon:** "Talk? Rational? There's nothing rational about invading someone's privacy like that! You should be ashamed of yourself!"
- Maya:** (frightened) "Okay, okay, I understand. Just let's not raise our voices."

Outcome: The revelation of the background check triggers anger and raises concerns about potential violence, making it crucial to prioritize safety and avoid escalation.

## A NOTE FROM JANE

I wanted to wrap up this guide with a personal message from me. Think of The Dating Safety Awkward Conversation Guide as just that: a guide, a framework – not a rigid set of rules.

Of course, prioritizing safety is crucial and being prepared will help you through potentially awkward situations.

I believe it's best to rip off the band-aid to get to the truth, and the sooner the better. For me, open conversations upfront help me filter out people that aren't right for me, leaving more space for the genuine connections that make my heart happy and make me smile. This way, if I know of a red flag that I won't accept because it's a non-negotiable, or my date has a reaction that seems sketchy when we discuss these sensitive issues, I can move on to my next date without getting hurt. I've had some brief relationships that took me a very long time to get over. I definitely want to avoid that feeling!

The important endgame is becoming knowledgeable so we don't get scammed, conned or catfished. And at the same time, we are saving our wallets, hearts, mental health, and self-esteem.

Remember, the right person will appreciate your openness and respect your boundaries. And who knows? Those awkward conversations might just become the stepping stones to a truly amazing relationship.

Broken heart? Been there, done that, bought the "love is my new superpower" tank top. Stay tuned for the 'I found love' merch!

And in the words of one of my mentors, Tony Robbins, if you are in doubt about your date, run (safely) into the middle of the street and yell, "NEXT." You are so worthy!!!

New secret weapons: Research and self-respect. ✓

Stay safe!

Love, Jane

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