

Safe Connections: A Guide to Healthy Dating for Older Adults

Dating as an older adult can be rewarding, but it requires specific awareness of safety and relationship health. This guide provides actionable tips for safe dating, effective communication strategies, and critical signs of harm to ensure all interactions are built on mutual respect.

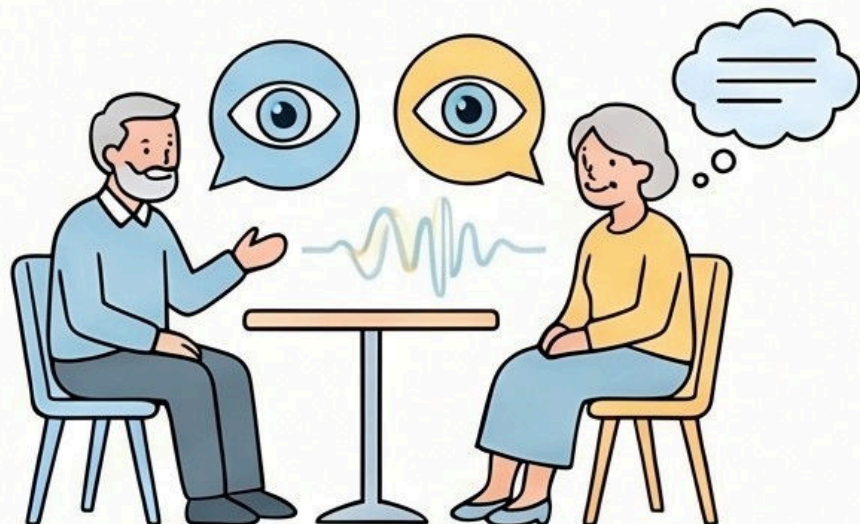
Safe Dating & Healthy Communication

The "Public First" Rule

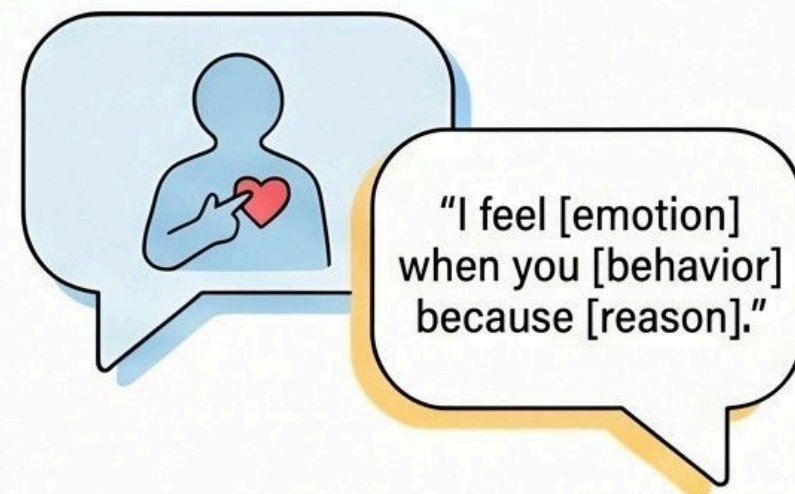


The "Public First" Rule

Meet in public places, use your own transportation, and tell a friend your plans.



Use "I" Statements



Use "I" Statements

Focus on your feelings by saying, "I feel [emotion] when you [behavior] because [reason]."

Practice Active Listening

Show engagement through nodding and eye contact, and summarize what you heard to ensure clarity.

Recognizing & Addressing Harm

Healthy vs. Unhealthy Signs



Healthy bonds involve mutual support.



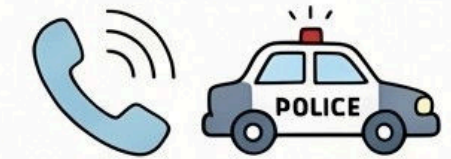
unhealthy ones involve jealousy, blame, and control of money.

Physical Red Flags



Look for unexplained bruising, torn clothing, or sudden changes in attitude toward physical intimacy.

Create a Safety Plan



If you feel threatened, call the police and work with support services to leave safely.

Organization	Phone Number
Seniors Safety Line	1-866-299-1011
Assaulted Women's Helpline	1-866-863-0511
Law Society Referral Service	1-800-268-8326

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