

Disability and Dating

Meeting new people can be exciting and fun! This handout shares examples of places to meet new people, and gives you tips to help keep you safe if you want to try dating.



Where to meet new people

- **Groups, clubs, or teams:** Join groups that match your interests or hobbies, like sports or music.
- **Community places:** School, coffee shops, shopping malls, community centers and libraries are great places to meet new people.
- **People you trust:** Close friends or family members can introduce you to people they know.
- **Events:** Attending events, like live music or local board game meetups, can be a way to meet new people who share your interests.



Where to be more careful

- **Work or volunteering:** Make sure you know and follow any rules about dating at your work.
- **Support groups:** Be mindful of other people's privacy and personal boundaries. Some people aren't comfortable dating people they know from therapy, grief, or support groups.
- **Public spaces:** Avoid sharing personal details, like your address, with people you don't know. Be aware of your surroundings and keep conversations general at first, like discussing the weather, or your favourite TV shows.



What about online dating?

- **Make sure you know who you are talking to.** Doing a video chat before meeting in person is a good way to check if someone is who they say they are.
- **Tell a friend or family member your plans** if you decide to meet up with someone you met online. Always meet in a safe, public space for the first few dates, like a coffee shop.
- **Watch out for warning signs,** like asking you for money or asking about your financial situation.
- **If something feels uncomfortable,** it's okay to stop communicating.

This resource was created in collaboration with the Holland Bloorview Kids Rehabilitation Hospital Youth Advisory Council