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TUPHE FEATURE

10 Dating App Safety Tips



Online dating is a popular way to meet new friends and potential partners. While swiping through profiles from home is convenient, it also comes with risks. People with bad intentions can hide behind seemingly normal profiles. Staying safe while navigating the world of online dating requires awareness and quick decision-making. Here are ten tips to help protect you and your friends while finding love:

1. **Be careful sharing “live” photos:** Photos taken in “live” mode can include geolocation info, which may unintentionally reveal your home, school, or workplace.
2. **Check out your date on social media first:** Use their full name to validate their social media profiles. This helps you avoid being “catfished” by someone using fake accounts.
3. **Protect personal information:** Avoid sharing full names, addresses, phone numbers, job details, or financial info until trust is built. Keep conversations within the app at first.
4. **Watch for warning signs:** Be cautious if someone asks for money, declares love too quickly, avoids meeting in person, or shares inconsistent stories.
5. **Block and report suspicious users:** Trust your gut. You can block and report users anonymously—before or after you’ve matched.
6. **Meet in a public place:** Choose a well-known coffee shop, restaurant, or shopping center. Avoid secluded parks or places where you could be isolated.
7. **Be in control of transportation:** Arrange your own way to and from the date. Avoid getting into a car with someone you don’t know well, even if they offer a ride.
8. **Know your limits:** Stick to your comfort level when it comes to alcohol, and don’t feel pressured to match your date’s drinking. Avoid drugs before or during a first date—they can impair your judgment.
9. **Trust your instincts:** If something feels off, listen to that feeling. Exit the situation—virtually or physically. Your safety is more important than being polite.
10. **Enlist a waiter or bartender for help:** If you feel unsafe and need help leaving, discreetly ask for an “angel shot.” This signals staff to step in and assist you.

National Minority Health Awareness Month



Minority Health Month **raises awareness about the health disparities faced by people of color.** These communities often experience major barriers to quality healthcare, including limited insurance coverage and fewer healthcare facilities in their neighborhoods. As a result, they face higher rates of chronic conditions like diabetes, hypertension, and heart disease. Implicit bias and systemic barriers within the healthcare system also contribute to delays in care, worsening these disparities and leading to higher rates of illness and death.

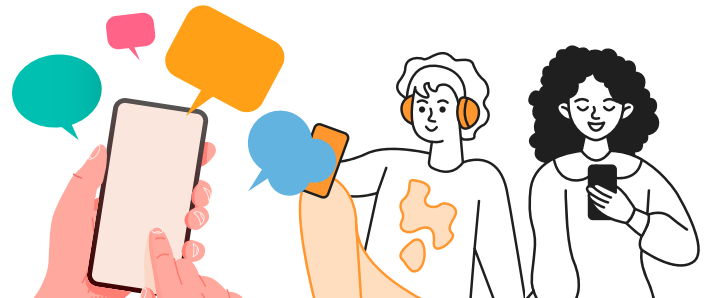
Fast Facts: Unveiling Disparities

- Black women are three times more likely to die from pregnancy-related causes than White women, due to differences in healthcare access, chronic conditions, structural racism, and implicit bias (CDC, 2024).

- Hispanic and Black residents had significantly higher COVID-19 mortality rates in 2020 than White residents, linked to structural racism (NIH, 2023).
- Native Hawaiians and Pacific Islanders receive less early prenatal care and have higher infant mortality than White counterparts (Pfizer, 2024).
- Asian Americans are the only group in the U.S. for whom cancer is the leading cause of death, yet they’re screened at lower rates than the national average (NIH, 2021).

To address these inequities, we must first acknowledge them. Educating ourselves on the barriers faced by marginalized groups is a critical step toward building a healthcare system that serves all people, regardless of race, ethnicity, or identity. Understanding these disparities can also expand your worldview and deepen empathy for others in our community.

Digital Consent: Ask Before You Share



Whether you’re texting, sexting, or posting online, **digital consent is essential for healthy relationships.** Just because tech makes constant communication easy doesn’t mean someone is always available to talk. Set clear expectations about texting habits and check in regularly to ensure both partners feel comfortable.

Sexting? Always get consent first.

Sexting—sending sexual content like photos or messages—can be fun, but only when everyone involved agrees. Never send unsolicited content, even in a long-term relationship. Everyone has the right to feel safe and respected. Don’t pressure someone into sending nudes. If they say no, accept it and move on.

If someone shares a nude with you, never save or share it without clear permission. Sexting is safest when consent and privacy are respected by everyone involved.

Thinking about posting your partner?

Before you “soft launch” or share relationship photos, ask if your partner is comfortable being posted. They may prefer to keep things private, and that’s okay. Respecting each other’s digital boundaries helps maintain trust and keep relationships strong.

Consent doesn’t stop at physical interactions—it includes everything we share online. Open communication and mutual respect make for safer, more fulfilling relationships in the digital world.