

Fun in a safe environment

Like2Meet is all about having fun in a safe environment. Safe doesn't have to mean that you can't do things. You just have to think how you do things. Follow these guidelines and everything should go smoothly.

- Never arrange to meet with a member without informing Like2Meet or your parent/carer.
- Don't give anyone your number (including mobiles) on your first meeting - unless you feel like you want to see them again. Like2Meet will support you to meet up again. Only do this if you feel comfortable on later meetings.
- Don't give personal information on a first meeting such as your address, work address, family details especially if you are a parent.
- Always let Like2Meet support you on your first one to one meetings.
- If anyone intimidates you, harasses you or makes you feel uncomfortable please inform Like2Meet or ask an advocate or care provider to tell us.
- Always make sure that you have a safe way of getting home and you have organised the appropriate transport.
Like2Meet will help you do this.

- Always tell a carer, friend or family member where you are going and what you are doing. They can always ring Like2Meet for more information.
- Try and make your first one to one meeting in the day time or early evening. Like2Meet will support you whatever you want to do but it's easier to get home if there are any problems.
- Always arrange to meet people in public areas and know your escape routes. On your first meeting and maybe second meeting Like2Meet will support you and show you how to do this.
- Make sure if you have a mobile phone to have it charged up and with some credit. Try and keep 30p in change on you to make a public phone call. Remember in an emergency 999 is free but don't use this service unless it is an emergency.
- You never have to kiss, cuddle, have sex, touch someone or let them touch you unless you are sure you are ready. Like2Meet will support you to get advice if you need it.
- If you don't like someone tell them in a nice way and be clear.

- If someone says no to you accept it and move on. Like2Meet will support you if you need advice by signposting you to the relevant agencies.
- Don't give members access to your passport, bank details, money, pin numbers, bills and benefit letters. These are yours and no one else's.
- Remember alcohol and drugs (prescription and recreational) can reduce your awareness and understanding, this can make you an easier victim and increase your risk of accident.
- If you need advice on sexual health, contraception, sexuality, domestic violence or any other matter Like2Meet will support you to find the right advice body to help you.
- If you feel you are the victim of a crime or have witnessed a crime please contact the police.