## #ASDNext **Online Dating 101**

Finding someone to date is not always easy. While there are dozens of places to meet people in everyday life, many people with autism choose online dating. There are several benefits of online dating that make it ideal for individuals with autism, but there are also some risks involved. Here is some basic information you should be aware of with online dating.

## BENEFITS OF ONLINE DATING

Avoid rejection that can happen when introducing yourself to someone

Can be done in the comfort of your own home

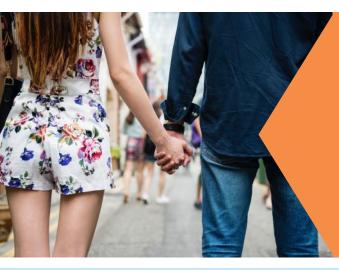
Can communicate by email or text instead of face-to-face

Learn about a person's likes and dislikes before meeting so you can plan what to talk about or do

Move at your own pace and respond to messages as slowly as you'd like

Protect your identity until you feel comfortable sharing more information





## RISKS OF ONLINE DATING

Can be overwhelming with so many people to talk to

Can be harder to tell if the other person is romantically interested

Lacks the nonverbal or physical part of dating, such as touching or eye

People may lie, including about their appearance and finances

Some people use online dating sites for deceptive purposes, such as financial

## TYPES OF ONLINE DATING SITES

Some sites are free to use while others cost a subscription fee.

Matchmaking: Fill out profile and questionnaires, profile is placed on the site, and daters get matched with similar people

**Preference:** Daters are looking for the same type of people, such as sites for a specific religion, sexual orientation, or activity

Meetup: Register online and get notifications about meetups that may interest them. Simply show up and meet other people

Social Networking: Daters can meet others in their area to date or through connections with people they already know



This information sheet was developed by ASERT for #ASDNext. For more information, please contact ASERT at 877-231-4244 or info@asdnext.org.

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