

CONSIDERING SUGAR-DATING? SUGAR DATING SAFETY



PART 1 - FINDING A SUGAR PARENT (SP)

- Consider using a professional third-party website.
- Avoid using your real name. Use an alias.
- Do not add SPs to your personal social networks (Instagram, Snap).
- Set up social networks and an email using your alias.
- If you make plans to meet your SP and change your mind, that is okay!
- If you are not a Canadian citizen or a Permanent Resident, it is illegal to engage in sex work. Refer [here](#).

PART 2 - STARTING A SUGAR RELATIONSHIP

- Meet for the first time in a well-lit busy place.
- Inform a safe friend of your plans, timeline, and share any helpful identifiers (SP name, description, car make).
- Assess the SP. How do you feel? Do you feel safe?
- After the initial assessment, clearly define your compensation/allowance and your boundaries.
- It is recommended to never let an SP know where you live. Date out of region if possible.
- Remember that just because you have met, you do not have to commit. You can change your mind.

PART 3 - MAINTAINING A SAFER RELATIONSHIP

- Avoid sharing intimate photos or videos with identifiers such as your face, unique tattoos/piercings, or other markings such as birthmarks and scars. Avoid including background identifiers such as family pictures.
- Optimize busy public spaces with cameras for in-person dates. Arrange your own transportation.
- Have on-going conversations about boundaries, sexual boundaries and limits.
- Do not give additional time or energy beyond what you consented to and are compensated for.
- Be cautious about meeting any SP's friends, relatives, or co-workers.

PART 4 - ENDING A SUGAR RELATIONSHIP

- You are not obligated to stay in a sugaring relationship. You can end the relationship at any point.
- You are not indebted by the gifts or financial compensation you received.
- Consider breaking it off online.
- The arrangement is broken off when you or the SP decide. Remove and block SP as a contact.

SEXUAL SAFETY

- Consent is freely given, informed, engaged, reversible and specific.
- Crossing boundaries and limits is sexual assault.
- Know your options for HIV prevention medication (PrEP & PEP), contraceptives and emergency contraceptives (Plan B can be used up to 5 days after; however, for best results, use in the first 3 days).
- Carry your own safer sex supplies. Do not trust that your SP will.
- Be prepared that they may pressure you to do substances. Be clear about your boundaries.
- Avoid taking substances that the SP has mixed or are not sealed. Substances may be spiked or laced.
- See your doctor regularly for STI screening even if you are using protection.
- It is your choice to report sexual assault. You have options - [OCRCC](#)

PHONE SAFETY

- Have location services on, make sure your phone is charged and carry a charger.
- Turn on SOS (iPhone) feature. 5 clicks on the lock button will call 911.
- Ensure the find my device is on or download the app.
- Download [WatSAFE](#) to access campus safety options and resources. Also consider other [safety apps](#).
- Set-up updated emergency contacts

FINANCIAL SAFETY

- Many SP's will improperly compensate and push boundaries. If you are not compensated on the second date, move on.
- Accept compensation before sending intimate photos/videos or providing a service.
- Connect forms of e-transfer to alias accounts.
- Be aware that electronic forms of money transfer can be cancelled or reversed.
- Watch for financial scams.

LEGAL SAFETY

- Learn about [Peace Bonds](#) in case of harassment from the SP.
- Keep documentation (screenshots, chat records).
- Know your rights. Refer to [Chezstella](#) and [Maggie's Toronto](#).

Disclaimer: This tool is for informational purposes only and does not guarantee the safety and security of individuals engaging in sugar relationships. It is not a substitute for professional advice or services. The information and resources are intended to help individuals understand the potential risks and safety considerations associated with sugar dating arrangements.



24 Hour Support Line
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