

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](#).
- Know sex work legalities. Learn more here: [Justice Canada](#)

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.