

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Met Online? Tips for that First Meeting**

**By Jennifer McVey**

**Met Online? Tips for that First Meeting by Jennifer McVey**

1. Before you meet someone, it's essential that you let a friend or family member know where you're going and who you're meeting. You'll feel better and they'll feel better knowing you're being cautious.
2. Meet in a public place. There's safety in numbers.
3. Keep the first meeting brief. As everyone knows, chemistry is fickle. You may know right off the bat that you don't want to ever see this person naked, let alone sit through an entire dinner with him or her. So don't agree to spend the day at Disneyland (which I did...so I know what I'm talking about) when a quick cup of coffee or a drink after work will suffice. If you're both having a wonderful time, that cup of coffee can always be extended into a walk around the park or lunch at your favorite bistro.
4. If you have a favorite outfit, wear it! Ladies, do your nails, fix up your hair, put on fresh lipstick. Guys, wear your lucky "going out" shirt. When you feel sexy and confident, it shows. It also shows the other person that you made an effort and that is sexy.
5. Be polite. Even if there isn't an attraction for you, treat the person you're meeting with respect. He or she may not be the date of your dreams, but remember that they took the time and effort to come meet you.
6. Keep the conversation light and fun. Don't bemoan your bad dating luck or how much you're dying to have children...immediately! Think of a first meeting as a cocktail party: you're meeting someone new and the talk is typically frivolous and casual. Discuss your work, where you were raised, any traveling you did recently. Based on your personal ads, you should already have some idea of what you have in common. If it's your mutual love for the Yankees or your record of never missing an episode of "Survivor," talk about it.
7. Keep it casual and easy. Great ideas for a first meeting: grab some java at the local coffee house, hit happy hour for a glass of wine and buffalo wings (then go home!), have an al fresco lunch where people-watching is ample (terrific for any lulls in the conversation), or meet at the dog park with your

pooches in tow.

8. Don't forget to have fun! Online dating, like any dating, is an adventure. Go with an open mind and you'll do well. If nothing else, you'll have great stories to tell your friends later.

Jennifer McVey, along with her two her best girlfriends, rode the internet dating wave for several years. Now happily married to a cute Canadian she met online, she is the webmistress of the internet dating directory, First Kiss Café, where you can find personals, great advice, tips, travel and more for your dating adventures. [www.firstkisscafe.com](http://www.firstkisscafe.com)

## **6 Great Online Dating Safety Tips**

**By Andy Thompson**

### **6 Great Online Dating Safety Tips by Andy Thompson**

Title: "Online Dating Safety Tips"

Author: Andy Thompson

Copyright: (c) By Andy Thompson 2003

Permission to Use: May be freely published with author's bylines intact.  
Notify author by e-mail.

Please feel free to use this article in your newsletter or on your website.

If you use this article, please send a brief note to let me know where it appeared.

<mailto:admin@cosmodating.com>

Online Dating Safety Tips!

By Andy Thompson.

Online personals and dating is a great way to meet that special someone, however it is important to approach it with safety as your first priority. While most online services are very secure and do a good job at helping ensure your privacy and confidentiality, you are ultimately responsible for your own safety.

Most services do not pre-screen their users, therefore they cannot assume any responsibility for the people you meet through their sites. This officially grants you the title of screener, a responsibility which you must take very seriously. After all, if you are comfortable and feel secure online, you will

## Met Online? Tips for that First Meeting

have much more fun with online dating!

Here are a few good security tips:

1– Never reveal your last name or address to a stranger. If telephone numbers are exchanged, try to use a cell phone with a private number. If you call a stranger at home, always use caller ID blocking to maintain your privacy.

2– Do not use your primary EMAIL address for online dating correspondence – create an anonymous Email account (such as a Hotmail account) to correspond with potential dates.

3– If you decide to meet that special someone, always meet in a public place – NEVER meet in private

for your first date! Always let someone know where you are going.

4– Be honest about who you are and what you are seeking – do not reveal more than you normally would in a face to face first meeting. If your online contact attempts to pressure you into revealing more than you are comfortable with, re-evaluate his/her intentions.

5– Always review the security and confidentiality policy of the online dating service you are using. Many of the better known online dating sites have very good privacy policies. A comprehensive listing of major online dating sites is available at <http://www.cosmodating.com>

6– Don't rush into a face to face meeting – take your time, chat up a storm and get to know each other. Is the person on the other end being honest, or do you get the feeling they are just saying what you want to hear. You are the sole judge and jury in this love trial – use your best judgement!

In conclusion, safety should be your #1 priority as you venture into the world of online dating. Go slow, take your time to and get to know you potential dates. Like the song says, "Only fools rush in" – taking your time will only increase your chances of meeting that special someone and at the same time help weed out the bad seeds!

Andy Thompson is owner and operator of <http://www.cosmodating.com> – he can be reached at the following address: [admin@cosmodating.com](mailto:admin@cosmodating.com)



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**