

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

- Not all people are interested in a committed relationship.
- 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 contact.
- People may lie, including about their appearance and finances.
- Some people use online dating sites for deceptive purposes, such as financial scams or inappropriate sexual behavior.



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.

