

# QUIZ 1

## ANSWERS AND INFORMATION FOR FACILITATORS

### 1. What do people most often lie about in their profile?

*correct answer: They are bisexual*

The profiles we create on dating sites are meant to impress others. Sometimes we embellish our profiles with untruths or half-truths. Can you imagine the consequences of providing false information about your sexuality in your profile?

### 2. How much taller people usually pretend to be in their profiles?

*correct answer: 3 cm*

Appearance is still a very important factor for many people; it affects their self-esteem, their sense of self-worth, as well as their choice of partner. We tend to evaluate not only our own appearance but also the appearance of people around us. There are stereotypes that embody social expectations of people's appearance based on their gender and that manifest in this area. For example, women are expected to have smoothly shaved legs or armpits (although there is already more freedom in this area as well). In magazines, we see presentations of men and women who embody the current social ideal. E.g. emphasis on slenderness in women or the so-called masculine figure in men (broad shoulders and narrow hips). People who do not meet the expectations in appearance and who do not fulfill the ideal standards (even though they are actually more than 80% of the population) often suffer from a feeling of inferiority which can escalate into more serious conditions such as depression or eating disorders. Appearance stereotypes affect women to a greater extent, but men are also influenced by them. E.g. the stereotype that a man should be "adequately" tall and ideally taller than his partner. That is why many men add centimeters to their height in their dating profiles. The goal is to get closer to the ideal, at least in the online world.

### 3. What percentage of people lie in their dating profile?

*correct answer: Up to 80%*

The Internet offers people the opportunity not to act as themselves. We cannot automatically count on people always telling the truth about themselves. The motto "trust, but verify" applies twice as much on the Internet.

### 4. What is the best place for the first real-life date?

*correct answer: Coffeehouse*

On the first date, which takes place in real life, it is advisable to consider your safety. If we communicate with someone only online, we cannot be sure whether the information about them is really true. We are not saying that every person who has a dating profile is automatically a liar, but it is appropriate and reasonable to build trust gradually and approach the situation with caution. The most suitable place for

the first date in real life is therefore a public space where you can easily get help if needed (coffeehouse, restaurant, library, etc.). There will be plenty of time for an intimate meeting alone if that is what both of you want. In addition, if the date does not go well and you want to avoid unsolicited visits or the other person waiting at the gate of your house, it is good not to give them your address immediately or to bring them home right away.

## **5. When is it appropriate to share personal information such as full name and address online?**

*correct answer: When I use a trusted website*

It is safest not to share your full name and address with anyone you do not know personally. However, if we want to buy something online, we have to share the information needed to make the payment and the address to which we want the goods to be delivered. Fortunately, there are various websites and search engines that offer information about the credibility of various online stores and we can also rely on the experience of our friends.

When we create a profile on a social network, we should be careful about what information we share. The fact the social network offers many different boxes to fill with our information does not mean we have to fill them all out. For example, if we publicly provide information such as address or date of birth, we run the risk that someone may steal our identity. Social networks offer different levels of security for your data and it is worth thinking about which data you want to share publicly and which only with a certain group of friends, or whether you trust the people you are friends with online.

<https://us.norton.com/internetsecurity-how-to-how-to-keep-your-personal-information-safe-on-social-media.html>

## **6. What percentage of profiles are fake profiles (scammers)?**

*correct answer: 10%*

Some of the profiles on social networks are so-called fake profiles. A fake profile can copy a profile of someone you know; it is therefore useful to know how to recognize them. If you receive a friend request from someone who is already your friend (and you realize it), note that this may be a fake profile. Ideally, contact your friend and check if this is really their profile. Use a communication channel outside the social network. Another sign of a fake profile is that it will often send you messages with a picture and a link. Do not click on the link in any case! Alternatively, it may send you some contest or a request for your phone number. Do not respond to any such suspicious messages.

## **7. What can an online scammer do with your information?**

*correct answer: All of the above*

With enough personal information, an online scammer can cause tremendous damage. It may not sound that bad that someone signs you up for an online dating site without your knowledge or consent. But what if they add your actual phone number to your photo and tell everyone interested in sex to call you and then people you do not know start calling you with lewd offers?

## **8. How many characters do the most successful messages have at most?**

*correct answer: 100 characters*

In your first online conversations, it is recommended to write too much :). In this case, less is more. Your communication partner will certainly appreciate empathy, decency, and sincere interest. See what the other person has shared about themselves in their profile and try to start a conversation showing a sincere interest in their hobby for example (do not pretend to love football if you actually hate it from the bottom of your heart).

## **9. How many relationships that start online lead to a marriage?**

*correct answer: 17%*

Online dating may seem casual but it may also lead to a strong relationship. It even turns out that marriages of couples who started dating online are stronger and last longer than those of couples who started dating in real life. This may be because people who meet online are usually more compatible. <https://www.businessinsider.com/happy-marriage-online-dating-2017-10>

## **10. How many LGBT+ couples meet online?**

*correct answer: 70%*

For LGBTI people, dating in the offline world is limited for several reasons. In some countries, LGBTI people cannot express their identity publicly at all, and they might face a lack of understanding and prejudices from the public even in "open" countries. They may also encounter an issue when looking for a suitable partner in their surroundings just because they are a minority in the population and there are fewer of them in a certain area than when it comes to other identities. Online dating is therefore an ideal tool that allows them to maintain anonymity (also with regard to personal safety) and at the same time to meet people with similar identity despite the actual physical distance.

## **11. Who invented speed dating?**

*correct answer: Rabbi from Los Angeles*

Speed dating was invented by Rabbi Yaacov Deyo. To increase the marriage rate in his community, he created a game, which, in his opinion, ensured the most effective choice of the right partner. The rules are simple – you talk to one person for ten minutes and after a sound signal, you find another person to talk to for the next ten minutes. In two hours, you might get to know an entire room full of people. The concept became so popular that it soon spread throughout the world.

<https://www.nytimes.com/2013/09/29/magazine/who-made-speed-dating.html>

## 12. Which photo will be the most successful in online dating?

*correct answer: Photo with a cat*

Photos are of course one of the main tools we use to present ourselves to our potential partners when dating online. A good photo however does not mean retouching all our imperfections, having the perfect lighting, or a flat stomach. If you plan to eventually meet in person, it is not the best idea to try to get as many “likes” as possible; it is better to present yourself honestly. No one has ever been liked by everyone else and there is no need to take it personally in case you receive reactions other than compliments. At the same time, it is important to realize that just as the hurtful comments about my appearance were painful for me, the opposite is true as well. If we do not like someone’s photo, no one forces us to communicate with them and we should avoid judging their appearance. No one is perfect and the diversity of human bodies and forms is what makes the world around us colorful. It is okay to “have a type”, but it is important to treat all people (even those who are not “our type”) with respect and sensitivity.

## 13. Which of these profile descriptions has the best chance of success?

*correct answer: I create my own comics and write haiku when taking walks in the woods*

When someone does not know what to write in their dating profile, they often resort to some old and supposedly time-tested cliché. However, many other people use identical catchphrases and they do not say anything about what kind of person their author really is. When browsing dating profiles, we spend only a few seconds on each profile and if it does not catch our attention, we simply keep scrolling. We need to think about what we can offer and what makes us special for someone else to notice us. This will also prevent someone with completely different interests from approaching us.

## 14. Which response do you think would be the best for the first contact?

*correct answer: I would love to read your haiku someday*

When initiating the first contact online, it is important to show the other person that we are interested in them as a person, in their personality, not just in a pretty face on their profile picture. That is why messages that respond to a piece of information that the person has revealed about themselves on their profile are usually the most successful. It ideally points to something that we have in common, something that we both like.

In this case, we can talk about a shared interest and the conversation flows naturally. It is not good to pretend an interest in something we really know very little about (unless it is something we genuinely want to learn about, in which case it is okay) just so we have something to write about.

## 15. Requiring to know your partner’s social network password is:

*correct answer: Unhealthy*

It can seem like a sign of trust. If there is real trust between you though, why would your partner want your password at all? Trust in a relationship means also not trying to “catch” the other one constantly and not following their every move. Is it because this could lead to unhealthy controlling behavior which in some cases may be considered a form of violence. You also need to think about the fact that at some point, you can make your partner mad about something. Do you want them to have your password in a situation like that?

## 16. What to watch out for when you want to send someone an erotic photo?

*correct answer: All of the above*

If you decide (of your own free will) that you want to send someone your nude photo, you can of course do that. It is, however, good to observe basic safety rules. It is not to say that you should automatically distrust the other person. Your photos could be misused even without your partner's involvement. Therefore, it is good to follow at least these basic rules – do not take pictures of your face; be careful and before sending the photo, double-check the recipient; cover up specific marks on your body that someone might recognize you by. Sending photos like these might be fun now but the consequences can cause unpleasant problems a few years later so it is best to avoid them. At the same time, it is important to realize whether this is truly something you want to do of your own free will, and not as a concession to your partner based on some emotional or another form of blackmail. If you have the slightest doubt about this, do not do it! No one else is entitled to your body, not even by the means of photos!