LESBIAN DATING
Pocket Guide

HOW TO FLIRT, COMMUNICATE, SPOT NONSENSE, AND AVOID PLANNING A FUTURE TOGETHER BEFORE THE APPETIZERS ARRIVE.

For lesbians, sapphics, late bloomers, bi and pan women, trans lesbians, nonbinary people, and anyone navigating lesbian-centered dating culture.

THE LESBIAN AGENDA PROJECT
lesbianagenda.com

BEFORE YOU START DATING

Know What You're Actually Looking For

You don't need a five-year relationship plan, but you should know your current intentions.

ARE YOU LOOKING FOR:

Are you looking for:

- A serious relationship?
- Casual dating?
- Friendship with romantic potential?
- Exploration after coming out?
- Something undefined but respectful?

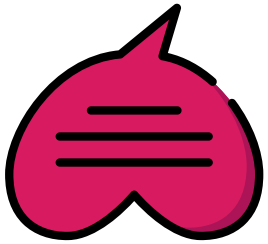
"SEEING WHAT HAPPENS" IS STILL AN ANSWER, PROVIDED YOU AREN'T USING VAGUENESS TO AVOID ACCOUNTABILITY.

ASK YOURSELF:

- Do I like this person, or do I like being liked?
- Am I interested, or am I lonely?
- Do I feel safe being honest with them?
- Am I ignoring incompatibility because the chemistry is loud?

ATTRACTION IS IMPORTANT. IT'S NOT A BACKGROUND CHECK, COMMUNICATION PLAN, OR SUBSTITUTE FOR SHARED VALUES.

HOW TO FLIRT WITHOUT PERISHING



YES, SHE MIGHT BE FLIRTING

Lesbian flirting can look like:

- Complimenting your outfit three separate times
- Remembering one tiny detail from two weeks ago
- Sending you increasingly specific playlists
- Finding reasons to stand near you
- Saying, "We should go sometime," without choosing a time

UNFORTUNATELY, THESE CAN ALSO BE SIGNS OF FRIENDSHIP, AND AT SOME POINT, SOMEONE HAS TO USE WORDS.

Try This:
"I can't tell whether we're flirting, but I'd be interested if we are."
"Would you like to go on an actual date with me?"
"You're very cute. I'm saying that homosexually."

THE FIRST FEW DATES

Curiosity Over Performance

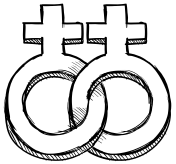
YOU AREN'T INTERVIEWING TO BECOME SOMEONE'S IDEAL GIRLFRIEND.

Pay attention to:

- How they talk about exes
- Whether they ask you questions
- How they respond to small boundaries
- Whether their words match their behavior
- How you feel after spending time together

Do you feel energized, comfortable, curious, anxious, confused, or responsible for managing the entire interaction? Nerves are normal, but chronic confusion is information.

GOOD EARLY QUESTIONS



"What does dating look like for you right now?"
"How do you usually handle conflict?"
"What makes you feel cared for?"
"Are you out, and are there situations where you are not?"

BEING CLOSETED IS NOT A MORAL FAILURE. EXPECTING SOMEONE ELSE TO DISAPPEAR INDEFINITELY MAY STILL BE INCOMPATIBLE WITH THEIR NEEDS.

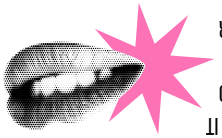
COMMUNICATION WITHOUT MIND READING

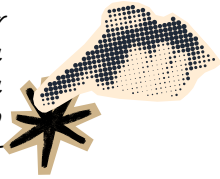
SAY THE THING BEFORE IT BECOMES LORE

YOU'RE ALLOWED TO ASK FOR CLARITY AND TAKE TIME BEFORE RESPONDING.

Useful Scripts:
"I like you, but I want to move more slowly."
"I'm not available for constant texting, but I am still interested."
"When plans change, please tell me directly."
"I need a little time to process before we continue this conversation."
"I don't think we want the same kind of relationship."

HEALTHY COMMUNICATION IS NOT NEVER UPSETTING EACH OTHER. IT IS CREATING ENOUGH SAFETY TO BE HONEST, REPAIR HARM, AND REMAIN RESPONSIBLE FOR YOUR OWN BEHAVIOR.





Someone being disappointed does not automatically mean you did something wrong.

THE LESBIAN DATING CHECK-IN

Before you romanticize the situation, ask:
Do I feel respected?
Can I be honest without fearing punishment?
Are we both making an effort?
Do I like who I am around this person?
Am I responding to reality—or potential?

You aren't difficult for needing clarity nor are you cold for having boundaries. You're not behind because you came out later, dated men, have limited experience, are trans, are disabled, are a parent, are ace-spectrum, or are still figuring yourself out. There's no correct timeline for becoming yourself.

FINAL RULE:
Don't abandon yourself to prove you can love someone else. Take the date. Ask the question. Keep your friends. Trust patterns. Stay curious.

And PLEASE, for the love of lesbians, choose an actual time when you say:

"We should hang out sometime."

PACING, INTIMACY & CONSENT
Chemistry Does Not Cancel Consent

CONSENT SHOULD BE:

- CLEAR
- ONGOING
- SPECIFIC
- FREELY GIVEN
- CHANGEABLE AT ANY TIME

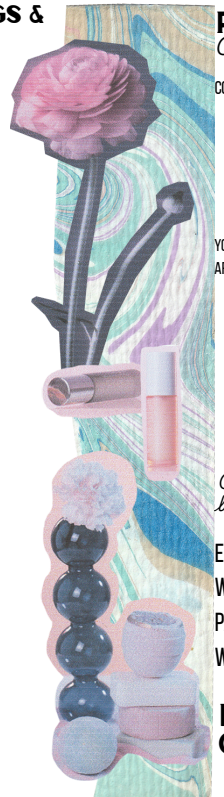
YOU CAN WANT SOMEONE AND STILL SLOW DOWN AND/OR STOP. YOU CAN ENJOY AFFECTION WITHOUT AGREEING TO ANYTHING BEYOND IT.

Try This:
"Can I kiss you?"
"Do you want to keep going?"
"I like this, but I'm not ready for more."
"I changed my mind."

Consent conversations don't ruin the moment, but let's be real, guessing wrong tends to ruin it much more.

EMOTIONAL PACING MATTERS TOO. MEETING SOMEONE WONDERFUL DOES NOT REQUIRE IMMEDIATE EXCLUSIVITY, SHARED PASSWORDS, JOINT FURNITURE, OR A DETAILED DISCUSSION ABOUT WHOSE CATS WOULD TOLERATE ONE ANOTHER.

LET TRUST COLLECT EVIDENCE



RED FLAGS, GREEN FLAGS & BEIGE NONSENSE

RED FLAGS

- PUNISHING YOU FOR HAVING BOUNDARIES
- RUSHING INTIMACY WHILE AVOIDING REAL ACCOUNTABILITY
- CONSTANT JEALOUSY DISGUISED AS PASSION
- MONITORING YOUR PHONE, LOCATION, CLOTHES, OR FRIENDSHIPS
- REPEATEDLY DISAPPEARING AND RETURNING WITH INTENSE AFFECTION
- TREATING EVERY EX AS CRUEL, UNSTABLE, OR OBSESSED
- USING TRAUMA AS PERMISSION TO MISTREAT YOU

GREEN FLAGS

- ACCEPTING "NO" WITHOUT SULKING OR BARGAINING
- APOLOGIZING WITHOUT DEMANDING IMMEDIATE FORGIVENESS
- BEING CONSISTENT WHEN NOBODY IS WATCHING
- RESPECTING YOUR FRIENDSHIPS AND INDEPENDENCE
- ASKING INSTEAD OF ASSUMING
- MAKING ROOM FOR YOUR IDENTITY, NEEDS, BODY, AND HISTORY

BEIGE NONSENSE

- OWNING THREE SWORDS
- SAYING "MY EX" BEFORE REVEALING WHICH ONE
- A SUSPICIOUS NUMBER OF CARABINERS
- BECOMING EMOTIONALLY ATTACHED AFTER ASSEMBLING ONE BOOKSHELF TOGETHER

BEIGE IS NOT BAD. BEIGE IS SIMPLY LESBIAN HABITAT.