

DATING GUIDE

FOR



LESBIANS

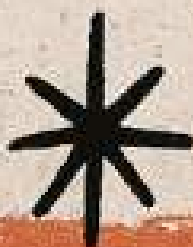
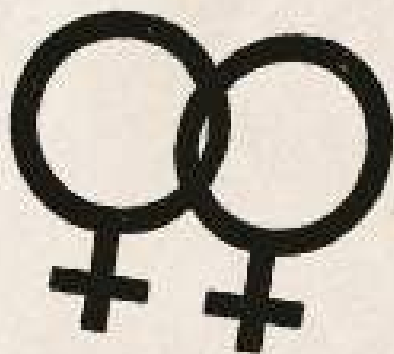


Table Of Contents

Online Dating: Finding Love in the Digital World	3
Meeting Offline: Queer Meet-Cutes in Real Life	12
Red Flags to Watch Out For 🚩	17
Healthy Dating Dynamics: Green Flags ✅	21
From First Date to Commitment: Navigating the Stages	24
Final Thoughts: You've Got This 💖	31

Hey, I'm Brittany! I'm a late-bloomer lesbian, and when I first dipped my toes into the world of lesbian dating, I was overwhelmed. I'd spent years navigating my identity before I ever thought about swiping right on lesbian dating apps or figuring out what to talk about on a first date. I've flirted and fumbled, and sent way too many "So, what do you do?" messages before I figured out what works.

Now, I want to help you skip some of those awkward moments. Whether you're newly out or just like reading a nerd's lesbian dating guide, I've got you. This guide will not tell you what to do; rather, think of it as a big sister's advice—down-to-earth, straightforward, and (hopefully) helpful. Let's dive into all things lesbian dating, from building your confidence to navigating the best lesbian dating app options and making that first date less nerve-wracking.



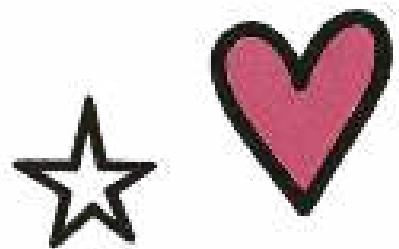
The Lesbian Agenda Project

Like & Subscribe to learn more



01

ONLINE DATING: FINDING LOVE IN THE DIGITAL WORLD



The Lesbian Agenda Project

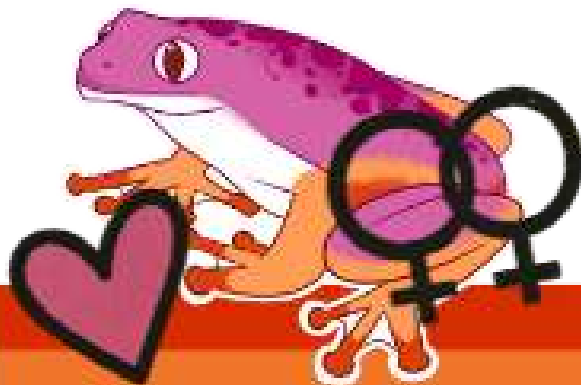
Like & Subscribe to learn more

Online dating is incredibly popular in the LGBTQ+ community. In fact, queer folks are almost **twice as likely to use dating apps as straight people**. Apps can connect you to women and nonbinary people you might never meet otherwise, especially if local lesbian bars or community events are scarce. Here's how to make the most of dating in the digital age:

Crafting Your Profile & Bio

Your dating profile is your first impression, so make it count! Be genuine and showcase what makes you awesome. A few tips for a magnetic profile:

- **Show your face:** Use at least one clear, smiling photo where users can see you. Avoid group shots as your main pic (we want to know who to swipe for!). Include a mix of photos: include one doing something you love (hiking, cooking, playing guitar, etc.) that sparks conversation.
- **Write a witty, honest bio:** Aim for a bio that's upbeat and true to you. Mention a couple of things you're passionate about (e.g. "Bookworm, traveler, and taco enthusiast"). Humor is a big plus – **a clever one-liner can break the ice** if it feels natural. (For example, instead of just "Love cats," try "I make party hats for my cats' birthdays") << *Yes, this has worked.*
- **State your intentions:** It's okay to say what you're looking for. Whether that's a serious relationship, casual dating, or "let's see what happens," let people know. As **one Reddit commenter wisely put it**, "Do write what you're looking for... Add humor, and mention a couple of your interests."
- **Stay positive:** Avoid negative phrases like "no drama" or listing past heartbreaks. Keep the vibe optimistic and forward-looking. You want potential dates to see what excites you, not what you're running from.



- **Be inclusive and authentic:** Mention your pronouns and feel free to share identity labels important to you (e.g. butch, femme, nonbinary lesbian, etc.), but only what you're comfortable with. Don't pretend to have hobbies or traits to seem more interesting. The goal is to attract someone who likes you for you.

QUICK PROFILE CHECKLIST: BEFORE YOU HIT "SAVE," RUN THROUGH THIS LIST:

- **Photo** - Clear face pic (no filters), plus a full-body or activity pic.
- **Bio** - Shows personality (interests, humor) and what you're seeking.
- **Pronouns/Labels** - Included if you want (e.g. she/they, femme lesbian).
- **Positivity** - No ex drama or negativity. Keep it confident and kind!

A well-crafted profile can also be a great conversation starter. Give someone a prompt to open the conversation with (Personal Example: "Tell me your favorite dad joke!"), and you're more likely to get an engaging message than a generic "hey."

Messaging Etiquette 101

So you've matched with a hottie (congrats!). Now what?

Starting a conversation online can be nerve-wracking, but remember: she liked your profile enough to match, so take a deep breath and say hello. Some messaging do's and don'ts:

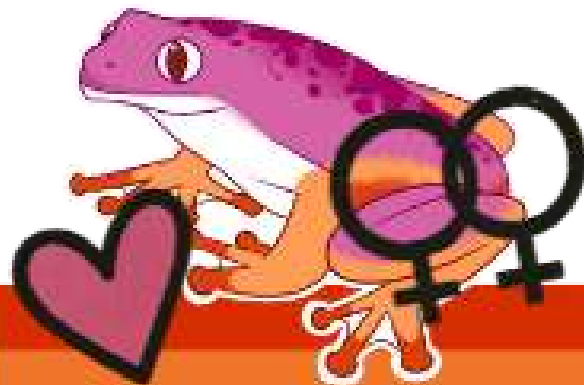
- **Do send a thoughtful first message:** A friendly “Hi, I noticed you love hiking – been on any good trails lately?” beats the plain “Hi” every time. Show you actually read her profile. If she mentioned loving a show or hobby you share, ask about it. This shows genuine interest and makes it easy for her to respond.
- **Don’t come on too strong:** Compliments are great (“Your smile in that pic is adorable!”), but avoid overly sexual comments or love-at-first-sight proclamations right off the bat. Pace yourself. Likewise, if she hasn’t replied yet, don’t flood her inbox. One message is enough to start; give her time to respond.
- **Keep it light and kind:** Early messaging is used to get a feel for personality. Ask questions and share a bit about yourself too – aim for a balance. And mind your tone: jokes and sarcasm can misfire without context, so maybe save the dark humor until you know her better.
- **Mind your manners:** Basic etiquette goes a long way. Say hello, use her name, and if either of you has to pause the chat for life stuff, it’s nice to say “brb, walking my dog, ttyl.” Also, respect boundaries; if she only wants to chat in-app for now, that’s fine. Don’t push for a phone number or meetup until you both feel ready.
- **Be clear and honest:** If you’re enjoying the convo, don’t be afraid to suggest moving to a coffee date or video chat after a reasonable rapport is established. On the flip side, if you realize you’re not interested, it’s better to politely let her know than to ghost. A simple, “I had a nice time chatting, but I don’t feel a connection. Best of luck!” is kinder than vanishing. No one enjoys being ghosted, and **being upfront (while gentle) is usually appreciated.**
- **Don’t play games:** That old “wait 3 days to reply” rule? Toss it out. If you like her, reply when you can. Authenticity is attractive. In the sapphic dating scene, direct communication beats guessing games every time. We’re all adults here trying to make a connection, so you don’t need to manufacture mystery by being inconsistent.

Remember, there’s no one “right” way to message – everyone has different texting styles. When in doubt, err on the side of friendliness and respect. And if you both hit it off in messages, awesome! Suggest taking things offline: “I’ve loved chatting here. Want to grab coffee or boba this week?” Being prompt and clear about meeting shows confidence and helps ensure the app isn’t where the connection stays forever.

Staying Safe Online (and When You Meet Up)

Online dating should be fun and safe. While the vast majority of women using queer dating apps are genuine, it's smart to take precautions, especially when meeting someone for the first time:

- **Guard your privacy:** When chatting online, you don't have to reveal your last name, address, or other personal details immediately. It's okay to keep identifying info minimal until you've built trust. Many people use an app-specific Google Voice number or stick to in-app messaging before sharing their real phone number.
- **Do a vibe check (or video chat):** Before a first date, consider having a short video call or FaceTime. This can ease nerves, confirm that she matches her photos, and help you feel safer about meeting in person. Scammers or catfish are unlikely to agree to video, so a quick call can be a good screening step.
- **Meet in public for the first few dates:** Choose a public, populated place for that first meetup, someplace like a café, a park in daylight, a busy bar, etc. Having people around adds a layer of safety. Avoid letting a first date pick you up at your home, and don't go to theirs right away either. Keep it public until you both feel comfortable.
- **Tell a friend your plans:** Always let a friend (or another trusted person) know when and where you're meeting a new date. Share your live location via your phone if possible, and arrange a check-in time. (This is a great habit for everyone, honestly. Stay safe, let a bestie avenge you.)
- **Have your own transportation:** It's wise to have control over how you come and go. Drive yourself, take public transit, or use a rideshare, so you're not dependent on your date if you want to leave. If you start feeling uncomfortable, you can exit on your own terms.



- **Trust your gut:** That intuition exists for a reason. If something about her story doesn't add up or you just have a bad feeling, it's okay to pause or cancel the date. Even mid-date, you owe no one your continued time if you feel unsafe or disrespected. Excuse yourself and leave – or signal a bartender or friend for help if needed. Better safe than sorry.
- **Use the app's safety features:** Apps like **HER** and **Taimi** have blocking and reporting tools. If someone harasses you or violates your boundaries online, block them and (if relevant) report the behavior. The queer community is generally supportive, and app teams want to know if someone is being creepy or bigoted.

Safety First Checklist (for meeting a new date):

- Met in a public place (daytime or well-populated venue).
- Told a friend who and where I'm meeting; shared my location.
- Have a backup plan (my own ride home, or a friend to call if needed).
- Trusting my instincts: if it feels off, I won't ignore that gut feeling.

Taking these steps becomes second nature and lets you focus on enjoying the date, knowing you've covered your bases. Most likely, everything will go great, but being prepared helps you relax and have fun!



Popular Lesbian Dating Apps: HER, Taimi & More

Not all dating apps are created equal. Some are built by and for queer women, which can make a huge difference in your experience. Here's an overview of two of the most popular lesbian-focused apps (and a few honorable mentions):

HER: Designed specifically for LGBTQ+ women (lesbian, bi, queer, transgender, non-binary that want to meet fellow LGBTQ+ partners). HER is often touted as **the best lesbian dating app overall**. It's a women-only space (no cisgender men allowed) with a friendly community vibe. On HER you'll find not just dating profiles, but also social feeds and events.

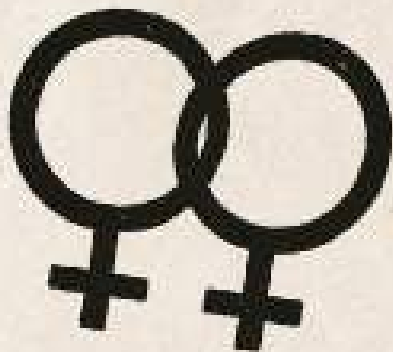
- - Pros: You know everyone is queer and looking to meet other women; many options to indicate your sexuality and pronouns; community events/Groups that can lead to friendships too.
 - Cons: The user base can be smaller or slower in some areas; occasional "unicorn hunters" (hetero couples seeking a third) still pop up, but far less than on mainstream apps. Overall, **HER is a great starting point for many**. It was built for lesbians, and it shows.

Taimi: Taimi is an all-LGBTQ+ dating app, meaning it's inclusive of all genders and orientations. It's not centered on lesbians, but still very popular among queer women. Many lesbians appreciate Taimi's inclusivity and features. The profile setup offers more gender, sexuality, and pronoun options than any other app, so you can truly be yourself. It also has unique touches like Taimi Cards (profile prompts, Instagram/Spotify integration) to help show your personality.

- - Pros: Very inclusive; robust profiles; even has a feed for social networking beyond just swiping. They also block screenshots of profiles for privacy, which is great for those not fully out or concerned about discretion.
 - Cons: Because it's for all LGBTQ folks, you might encounter a broader range of people (ensure you set your preferences clearly if you only want to see women). Some features require a paid subscription. The free version limits how many profiles you can see or like per day, and some users find the upsell annoying. Still, many queer women have found success on Taimi, and it's known for fostering authentic connections.

- Other Noteworthy Apps:

- **OkCupid:** A mainstream dating app **with extensive LGBTQ options**. You can choose from a huge list of orientations and genders and answer hundreds of questions. OkCupid's matching can feel more substance-based (it shows percentage "match" scores based on your answers and interests). It's great for more in-depth profiles and is free to use, but not women-only.
- **Lex:** An unconventional app that's more like digital personals ads. Think: **text-based profiles and posts**, no photos in the feed. It's popular in queer communities for its quirky, indie vibe and is used for friendship and dating. Lex is super inclusive of all identities and can be a fun way to meet other queer folks, especially if you enjoy witty writing and aren't solely focused on looks.
- **Bumble & Tinder:** These big-name apps have a lot of women on them, though they aren't queer-exclusive. On **Bumble**, if two women match, either can message first (the "women message first" rule doesn't quite apply since it's two women. I say just go for it!). **Tinder has the largest pool**, period, which means you might find other lesbians, and you might encounter some profiles that aren't what you want (like couples looking for a third, or men who didn't read your "women seeking women" setting). Still, plenty of women meet on these apps, so they're worth trying if you don't mind filtering a bit. Just set your preferences to women-only and be prepared to swipe past the occasional mismatch.



The Lesbian Agenda Project

Like & Subscribe to learn more



Tip: You don't have to stick to just one app. Many people juggle two or three until they find what works. You might use HER to tap into the local queer community and keep an OkCupid profile for its broader reach and detailed matchmaking. See what feels good for you. If an app ever feels toxic or just not yielding results, it's okay to take a break or try a new platform.

Finally, remember that apps are just tools. They're a means to an end – ideally, you meet someone great on the app so you can then get off the app and go on real dates! Use them to expand your options, but don't forget to look up from your phone now and then... your next crush might be closer than you think in the real world.



MEETING OFFLINE: QUEER MEET-CUTES IN REAL LIFE



The Lesbian Agenda Project

Like & Subscribe to learn more

While apps are awesome, offline meetups are still a fantastic way to meet other lesbians. There's something magical about locking eyes with a cute girl across a room and wondering, "Could she be...?"... that little gay spark! But how do you actually find other women who like women in the wild? And how do you approach someone without the safety of a screen? Here are some tips for navigating real-life queer social spaces:

Finding Your Community (IRL)

Join LGBTQ+ groups and events. Seek out the lesbian/queer scene in your area. This might be a dedicated gay bar or lesbian night at a club, an LGBTQ+ community center, or [Meetup.com](https://www.meetup.com) groups for queer folks. Pride events, queer film festivals, and workshops are also great opportunities. If you're in school or college, join the Pride Alliance or LGBTQ student group. In many cities, there are sports teams and leagues with predominantly queer women (think lesbian softball league, queer volleyball, etc.), as well as book clubs, crafting clubs, hiking clubs, you name it!



Joining these gives you a chance to make friends and potentially meet someone special. Even if you don't find "the one" immediately, you'll be building a supportive network, which naturally leads to more connections (who knows? Your new friend may know someone she wants you to meet... 😊).

Leverage your hobbies and interests. You don't have to only attend explicitly queer events. Lesbians are everywhere! You might meet fellow women-loving-women (WLW) at a concert, art class, political rally, or volunteering for a cause. Certain artists and subcultures have a strong sapphic following (Tip: Girl in Red concerts and WNBA games are practically lesbian conventions. You will make friends!). If you're into a particular scene, show up and be friendly; you may find other queer folks organically. Don't hesitate to mention you're queer in conversation when relevant! Drop a "my ex-girlfriend and I love this band" to signal to others who might be family. 🌈

Bring a wing-woman (or go solo, whichever empowers you). If you're nervous about hitting a gay bar or queer meetup alone, take a trusted friend. A good friend can hype you up, introduce you to someone they meet, or be moral support. Plus, having a buddy can help ease the pressure. Even if you don't meet anyone date-worthy that night, you'll at least have fun together!

On the other hand, don't be afraid to fly solo if you're up for it. Sometimes going alone forces you to mingle more. You could say, "Hey, is anyone sitting here?" to join others at a crowded gay brunch, or strike up a convo at the bar while ordering a drink. Queer women are extremely friendly in my experience, and people often admire the confidence of someone who comes solo. Do whatever feels most comfortable for you; there's no wrong approach.



Navigating Lesbian and Queer Social Spaces

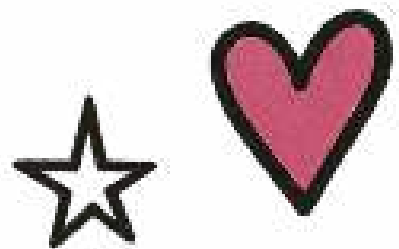
Walking into a predominantly queer space for the first time can be both thrilling and intimidating. Here's how to make the most of it:

- **Read the room and the vibes.** In a lesbian bar or queer event, it's usually safe to assume most people are LGBTQ+. Still, respect that not everyone is there to flirt, and some may be with friends. Make eye contact and smile at someone you find interesting; if they return the smile or especially if they hold your gaze, that's usually a green light to say hi. If she quickly looks away or seems focused on her group, maybe try someone else or a gentler approach.
- **Start with friendliness.** A simple "I love your style, those earrings look great on you!" or "This DJ is great, have you been here before?" can break the ice. In queer spaces, people are used to friendly chat from strangers. It's not as weird as it might be in a "straight" bar, because there's a sense of community. Compliments on something specific, asking a question, or joking about the long line at the bar are easy openers.
- **Be genuine and respectful.** You don't have to come up with a slick pick-up line. Introduce yourself, ask for her name, and see where the conversation goes. Listen to what she says. If you're interested, show it with your eyes and smile. If you're not sure if it's a "friend vibe" or "flirt vibe," that's normal, queer women sometimes blur those lines. One way to clarify is to gently communicate your interest. For example, if you're enjoying talking, you could say with a smile, "I'd love to take you on a date sometime, can I get your number?" Making your intentions clear can cut through confusion. Seriously, asking "Do you want to go on a date with me?" is bold but saves a lot of ambiguity. In the worst case, she's not interested, in which case she'll likely be flattered and kindly decline. Best case, she says yes!
- **Don't assume roles or labels.** In queer spaces especially, avoid assuming anyone's identity or "position." For instance, don't assume the more masculine-presenting woman will make the first move or pay for drinks. Lesbian and queer relationships don't have preset gender roles, and part of the beauty of queerness is that we get to make our own rules, free from societal constructs. So feel out the situation. If you want to offer a drink, go for it regardless of your presentation. And if someone tries to pigeonhole you (like expecting you to be "the man" or "the woman" in the dynamic), that's a red flag. I'll talk more about red flags soon, but keep an eye out for anyone imposing heteronormative norms on your queer connection.

- **Know when to make a move (and how to take no for an answer).** If you've been talking and the vibe is good, you might offer to exchange numbers or Instagram handles before the night ends. Or if it feels right, you could even ask, "Can I kiss you?" (This can be super romantic when the chemistry is there.) If she says yes, hooray! If she says no or seems hesitant, respect that with grace. Be genuine when you say, "No worries at all, it was great talking with you." Not every convo will turn into a date, and that's okay. Rejection is part of dating. Don't take it as a verdict on your worth. It might just not be her moment, or she's taken, etc. Thank her for the chat and carry on.

Pro Tip: Queer women often run in overlapping circles. The cutie you chatted with at the pride picnic might show up again at another event, or even already be friends-of-friends. So always practice good etiquette and kindness. If a spark didn't fly or fizzled out, that's fine! You can still smile and say hi next time. The lesbian community can feel like a small town sometimes, so it pays not to burn bridges or ghost rudely. Treat others how you'd want to be treated. This builds you a good reputation in the community, and frankly, it's just the right thing to do.

RED FLAGS TO WATCH OUT FOR



The Lesbian Agenda Project

Like & Subscribe to learn more



As you date, stay alert to red flags & warning signs that a situation or person might not be healthy. Here are some common red flags in lesbian dating (many are true for any orientation), and why they're problematic:



- **They push traditional “gender roles” on you.** If your date expects one of you to “be the man” in every scenario (pay for everything, initiate all plans) or makes comments like “you’re the femme, you should be more __,” that’s a bad sign. Enforcing heteronormative roles in a queer relationship can signal insecurity or control issues. In reality, two women can share duties and find a balance that suits them – there’s no automatic script. Someone insisting you act more femme or masc than you’re comfortable with is waving a red flag.
- **Love-bombing and rushing intimacy.** Lesbian relationships have a (half-joking) reputation for moving fast – the classic “U-Haul lesbian” trope where you’re practically ready to move in by the second date. Feeling an intense connection is great, but be cautious if she’s trying to accelerate the relationship at warp speed. *Example:* you’ve only been on a couple of dates and she’s already talking about getting a cat together, or she’s overwhelming you with grandiose romantic gestures and “you’re my world” texts within a week. That rush can feel flattering, but it might indicate desperation, emotional instability, or that she’s idealizing you without really knowing you. Take time to truly get to know each other beyond the honeymoon phase. Real love withstands the slow burn, trust me.

- **Not respecting boundaries (emotional or physical).** If you say you want to take things slow, does she listen? If you need a little space or say you can't hang out one night, does she handle it maturely or guilt-trip you? Early dating should feel relatively easy and safe. Boundary-pushing behavior—like pressuring you for sex when you're not ready, reading your messages over your shoulder, or showing up uninvited—is a glaring red flag. Healthy dating involves mutual respect for comfort levels.
- **Trash-talking exes constantly.** We all have pasts, but beware of someone who calls all her exes “crazy” or badmouths them nonstop. *Spoiler alert: When someone goes on and on about how awful every ex was, it usually says more about them than those exes. It suggests a lack of taking responsibility in conflicts, or that drama tends to follow them. Plus, you will 10/10 end up on that trash-talking list someday!* A brief mention of past relationships is fine, but if she's obsessed with her ex (with either love or hatred), she might not be emotionally available for something new.
- **Inconsistent or secretive behavior.** Does she disappear for days without explanation, or only text you at odd hours? Is she oddly guarded about even basic details of her life, like what city she lives in or what she does for work? While everyone deserves privacy, dating someone requires a certain level of openness. If you feel like she's hiding you or hiding from you, proceed with caution. For example, if she refuses to add you on social media or introduce you to any friends after a couple months of dating, something might be up. It could be a sign she's in another relationship, not actually out as lesbian/bi, or otherwise not integrating you into her life. If you notice a pattern that doesn't sit right, bring it up gently. Her reaction will tell you a lot. If she gets defensive or gaslights you (“you're crazy for asking that”), RUN 🏃 .
- **Jealousy and control.** A little jealousy is human, but how a person deals with it matters. If she's checking your phone, forbidding you from talking to certain people, or showing up to “keep tabs” on you, that's not romantic, it's toxic. Early on, excessive jealousy (like interrogating you about who else you're talking to or getting mad if you have friendly relationships with other women) is a sign of insecurity that can escalate. You should feel trusted and free, not monitored or accused.
- **Disrespect or bigotry of any kind.** This should go without saying: if she belittles you, calls you names, or disrespects your identity, run and don't look back. Sadly, sometimes even within the queer community, you might encounter individuals with prejudices (e.g. lesbian who says “bi girls always cheat” --stereotypes. oof). If you're bi, trans, nonbinary, a person of color, etc., and your date makes dismissive or fetishizing comments about that part of you, it's a huge red flag. Love should never make you feel “less than” who you are. The right person will celebrate all of you.

Trust your gut on red flags! If you get a weird feeling about someone, even if you can't articulate exactly why, pay attention. You're not "being too picky" or "too sensitive." Often, our intuition picks up on subtle cues of incompatibility or danger. As the saying goes, when someone shows you who they are, believe them. You deserve to date someone who makes you feel safe, respected, and happy, not anxious or lesser-than.

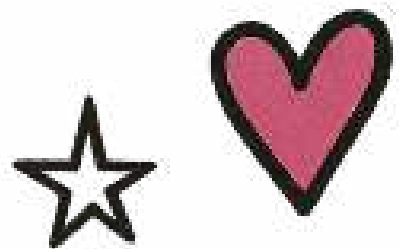
What am I looking for in an ideal partner?

Make a list of your non-negotiables and refer back to this list if your gut is telling you something's off with the relationship. And remember: Hurt people hurt people. If she's hurting you (physically or emotionally), hiding things from you, or testing whether you'll leave, she's not ready for a mature relationship. Cut your losses, grieve, and move on, you're worth more than that.



04

Healthy Dating Dynamics: Green Flags



The Lesbian Agenda Project

Like & Subscribe to learn more

Let's talk about positive signs and habits in dating that indicate you're on the right track. What does a healthy, happy dating dynamic look like? Here are some green flags and good practices:

- **Consistent, open communication.** This is huge. Healthy dating often means you both communicate pretty naturally! You're not left in the dark wondering where you stand. She responds to messages in a reasonable time, or lets you know if she's busy and will reply later. Plans are made and kept or rescheduled with communication, not dropped without a word. When issues or miscommunications arise, you can talk about them without it exploding. Basically, you feel comfortable bringing things up, and she does too. Even in the "casual getting to know you" phase, clear communication (like saying "I really enjoy spending time with you" or "I'm looking for something serious eventually, how about you?") is a green flag that you two can discuss feelings and expectations maturely.
- **Respect for boundaries and consent.** She checks in with you and respects your comfort level, and you do the same. For instance, if you say "I'd rather wait before we [fill in the blank]," a great partner will say "Of course, no pressure," and actually mean it. Similarly, if she asks before going for that first kiss or touching you in intimate ways, it shows attentiveness and respect. Consent is sexy, and it's a two-way street.
- **She supports your individuality.** In a healthy dynamic, both people maintain their own lives while growing together. Early on, notice if she shows interest in you, i.e., your job, your hobbies, your friends, and encourages you in them. Does she seem happy that you have a life outside of dating her? Good! Beware of anyone who wants to consume all your time immediately. A great partner will love being with you and respect that you need time for friends, family, work, self-care, etc. Likewise, she has her own fulfilling life too. You two can blend your worlds at a comfortable pace, without isolating yourself from everything else.
- **Mutual effort.** Dating shouldn't be one-sided. Both of you should be contributing to making plans, showing affection, and building the connection. Maybe one of you is more shy and the other tends to initiate, which is okay, but overall, you both feel wanted. If you've gone on a date and afterward she texts that she had a great time or suggests the next meetup, fantastic: that's effort and interest. If you're always the one texting first, planning, and driving to her place with no reciprocity, that's not sustainable. Look for someone who matches your energy and investment.

- **Honesty and trust.** You feel like you can trust what she says, and she trusts you. This can be little things: she's honest that she's not looking for anything serious (so you can decide if your goals align), or honest that she's also dating others at the moment. Honesty lets you make informed choices. In turn, if you share something vulnerable, a green flag is her handling it with care, not gossiping about it or using it against you. Over time, trust grows. You find that you're not worried or checking up on her constantly; you believe each other by default. That's a solid foundation.
- **She brings out the best in you (and vice versa).** When you're with her or talking to her, do you generally feel happy, confident, and valued? A healthy dating dynamic tends to make you feel more like yourself, maybe even a better version of yourself. You might notice you're laughing more, or feeling excited to try new things she's into and share yours. Sure, we all get butterflies and nerves in early dating, but underlying those, there should be a sense of ease. You can be goofy, or nerdy, or honest about a flaw, and she accepts it. And you find yourself appreciating her quirks and strengths, too. If the connection brings mutual joy and growth, that's a beautiful green flag to keep nurturing it.

Remember: No person or relationship is perfect. Healthy dynamics don't mean zero disagreements or that you'll never accidentally hurt each other's feelings. It's about how you handle those moments. Green flags include apologizing when one of you slips up, forgiving and moving forward, and learning together. At the end of the day, dating should generally add positivity to your life. If you find someone who makes you feel seen, heard, and adored (and you feel the same for her), you're on the right path!



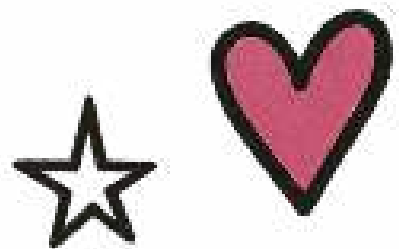
The Lesbian Agenda Project

Like & Subscribe to learn more



05

From First Date to Commitment: Navigating the Stages



The Lesbian Agenda Project

Like & Subscribe to learn more

Every relationship progresses at its own pace, but it can help to think about the “stages” of dating and how to navigate each one, from that very first date all the way to a committed partnership. Here's my advice for key phases in a typical dating trajectory.

First Dates & Early Days

Preparation and mindset: First dates can be nerve-wracking, especially if it's your first-ever with a woman. It's normal to have butterflies! To boost your confidence, wear something that makes you feel good (and like yourself! Now's not the time to try a totally new style you're unsure about, trust me.). Arrive on time. And remind yourself that this is just two people meeting, there's no pressure to make it perfect. If you frame it as “let's see if we vibe” rather than “omg what if she's my future wife,” you'll be more relaxed and present.



Pick a comfortable activity: Classic coffee or drinks meetups work great—they're low pressure and easy to exit after an hour or two if it's not clicking. Or consider a walk, casual brunch, visiting a museum, etc. The key is time-bounding the first date. You might be tempted to plan an elaborate 8-hour extravaganza if you really like her, but don't. Don't waste all your date ideas on the first date. Save some for later. It's actually lovely to leave with a bit of "I can't wait to see her again!" rather than overdoing it initially. You can always extend a date that's going well ("Want to grab dinner, too?"), but it's harder to cut one short if it drags on gracefully. So, start with something finite. If sparks fly, fantastic – you'll have plenty of time for those epic 24-hour dates down the road 😊

During the date: Focus on getting to know her and allowing her to know you. This means conversation! Ask questions and actively listen. (Remember, showing genuine curiosity about her life is very attractive.) Share about yourself too, so it's a dialogue, not an interview. You might discuss hobbies, recent movies or books, funny stories from work, travel experiences, etc. Steer clear of heavy ex-talk or trauma dumping on date #1 – keep it positive and in the present. It's fine to mention you're newly out or not super experienced, if you want; don't feel obligated to pour out your whole coming-out story unless it feels right. *Mind the balance: pause and let her chime in if you catch yourself dominating the conversation (nerves can make us ramble!).* Conversely, if she's a bit shy, gently encourage her by asking more about things she brings up.

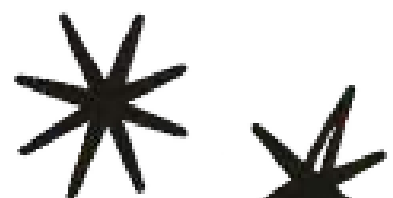
What about flirting? Many lesbians worry about how to signal interest to women, since we're all taught to be gal pals with each other platonically. Flirting can be subtle: lots of eye contact, smiles, compliments, maybe a light touch on the arm if you're comfortable. (Lesbians often communicate through meaningful looks and little touches. If you feel a spark, it's okay to show a hint of nervousness; it's cute and human. You might say, "I was a little nervous – I haven't been on a date in a while – but I'm really enjoying this." That kind of honesty can break the tension and let you both breathe.



Who pays? In hetero dating, there's that expectation that the guy pays; for us, it's totally up to the people on the date. It's considerate to offer to pay your share or cover the bill if you initiated the date. In fact, many lesbians follow a simple rule: whoever suggested the date spot or activity does a little reaching for the check first. On the other side, if your date offers to treat you, it's fine to graciously accept or offer to get the next round. Some couples go Dutch (split evenly) from the start. The key is not to assume the other person will pay; at least offer. If you both insist, you can always split as a default. It shows you value her time. But if the date didn't go well or you saw red flags, splitting the bill to keep things neutral is perfectly fine. Do what feels right and fair.

Ending the first date: As the date wraps up, gauge the moment. If you're into her and the feeling seems mutual (good eye contact, smiles, easy conversation), you have a few options:

- **Suggest a second date.** Be proactive: "This was fun. Want to do it again sometime? Maybe we can try that new sushi place next week?" That clearly signals your interest in seeing her again.
- **Go for a kiss (with consent!).** The goodbye is often the most nerve-racking part – should you hug? Kiss? I'm a fan of a first date kiss! Try asking: "I'd really like to kiss you, is that okay?" softly, with a smile, tip your head, and pause for her. If she says "yes", lean in and kiss her! If she says "maybe next time" or looks surprised, be genuine: just smile and say, "No problem! I had a great time." Try a friendly hug if that feels alright! Consent is crucial; a simple question can make all the difference and turn a kiss into a memorable moment for both of you. Don't get in your head about it, not every great date ends in a kiss!
- **Express gratitude and interest.** Even if you don't go for a physical move, at least say, "I had a really great time with you." Compliment something about the date: "You have such great stories" or "I really enjoyed our conversation." Positive feedback lets her know you're interested.
- **If you aren't feeling it, be kind.** You don't have to decide on the spot if you want to see her again, but don't lead her on. You can end with, "It was nice meeting you, thanks for tonight!" You might still give a light hug if it feels right. Then later, if she asks for a second date and you're not up for it, be honest (politely). It's okay not to match with everyone, but always aim to leave people better than you found them. **Important: Do NOT ghost her if you're not feeling it, just speak up!**



After the first date, if you both liked it, the fun begins – the texting that night or next day, the mutual giddiness of “she likes me too!” Enjoy that. There’s truly nothing like the rush of a promising new connection. Savor it, but also remember to pace yourself. It’s early days.

In the next few dates, keep exploring compatibility. Do different types of activities (dinner, a movie, a hike, hanging with each other’s friends, etc.) to see each other in various lights. This is the stage where you’re building trust and gauging if this could turn into something more serious. It’s also where exclusivity might come up...

Defining the Relationship (DTR)

At a certain point, you might find you’re no longer interested in dating other people and neither is she – you want to focus on each other. The timeline for this “define the relationship” talk (or DTR) varies widely. Some lesbian pairs have the conversation after three amazing dates; others might casually date for a few months before labeling things. There’s no strict rule, but clarity is helpful. If it’s been a while and you’re feeling like “I want us to be official,” don’t be afraid to bring it up.

How to DTR: Pick a relaxed moment, not in the heat of anything. It could be during a cozy night in or a calm moment after a nice outing. Use “I” statements about how you feel. For example: “I really love spending time with you, and I’m only seeing you right now. I’d like to make this exclusive if you’re up for that; basically, be girlfriends. How do you feel?” Vulnerable? Yes. But this openness is how you build a strong foundation. Hopefully, she mirrors the sentiment, and boom: you’re official! 🎉 If she hesitates or isn’t ready, that doesn’t automatically mean doom; it might just mean she needs a bit more time or conversation. Talk it through: maybe she came out later or has fears, or maybe she likes you but isn’t sure about commitment yet. Communication will either get you on the same page or reveal that maybe you want different things. It’s better to know than to assume.

In a healthy scenario, when you both agree to be in a relationship, celebrate it! This is a big deal. Some couples even love a cheesy “will you be my girlfriend?” moment: feel free to be as romantic or chill as your connection is. From here, things often naturally deepen: you might introduce each other to your close friends (if you haven’t already) or update your relationship status on Facebook. Maybe you start using pet names or saying the L-word (love) when you’re ready. It’s a delightful stage, often full of firsts together and learning more intimate details about each other.

Beware the U-Haul impulse: As discussed under red flags, lesbians joke about hauling a U-Haul trailer to move in together ASAP. When you're in love and society doesn't give you a clear rulebook, it's easy to slide into basically living together within weeks. Some couples actually thrive doing this, but many find it causes problems later because you skipped some get-to-know-you steps. The advice here is: enjoy the progression without rushing it artificially. Have sleepovers at each other's places gradually more often, sure. But maybe don't sign a lease together after month one. Give it time, you'll thank yourselves later!

Every milestone (first trip together, meeting the parents, moving in) can happen when it feels stable and mutually agreed, not just because "well, we've been inseparable for 2 weeks, might as well!" It takes time to see someone's full self; their "real baggage" doesn't show up until later. So hold off on rearranging your life entirely until you've weathered at least a few months and maybe a conflict or two. *There's joy in the slow burn!*

Long-Term Love & Commitment

If all goes well, the dating phase turns into a long-term relationship. This is where the commitment really solidifies, whatever that means for you two. It could be moving in together, getting a pet, even marriage, or building a family. For some, commitment means we're together for the foreseeable future without any formalities. All forms are valid; what matters is that both of you feel secure and aligned in the partnership.

Keeping the spark and connection: Once you're a full-fledged couple, don't "set and forget" the relationship. *Long-term relationships take nurturing.* Continue having date nights and new experiences together so it's not all couch and TV (though cuddling to binge Netflix is totally allowed, balance it). Maintain your individuality (friends, hobbies) as well as your togetherness. **Communication remains as crucial as ever! In fact, even more so as you navigate bigger life stuff as a team. Small issues? Talk them out before they fester. Different needs? Work on compromises.** One great thing about many lesbian relationships is a strong emphasis on processing feelings and communicating, sometimes humorously called "lesbian processing." It means we tend to talk a lot about our relationship, which can be a strength if done with kindness and not in constant crisis mode.

Navigating challenges: Every couple faces challenges, which could be distance, job changes, mental health struggles, or external issues like family acceptance. The measure of commitment is how you tackle these as a unit. Healthy dynamics (those green flags) will help you here: honesty, support, and respect. If you hit a rocky patch, consider leaning on community or resources: maybe an LGBTQ-friendly therapist (therapy isn't just for breakups; it can tune-up a good relationship or help through transitions), or seeking advice from trusted queer elders who've been there. No relationship exists in a vacuum; staying connected to the broader LGBTQ community can give you perspective and support.

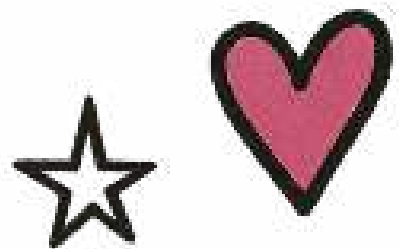
Dealing with the lesbian clichés: You might have heard terms like “lesbian bed death” (the stereotype that two women in a long relationship stop having sex and become more like best friends). While every couple's intimacy evolves over time, don't buy into doom-and-gloom clichés. Two women can have a passionate, lasting sex life; it just might require communication and effort to keep it exciting as years go by, which is true for all couples. If you notice your intimate life dimming and it matters to you, talk about it without shame. You can rediscover each other in new ways; sometimes it's as simple as scheduling a date night without distractions. Basically, write your own story! You're not bound to become any stereotype.

Commitment looks different for everyone: Some couples merge lives entirely; others maintain separate apartments and spend lots of time together. Some eventually get married while others don't feel the need for legal status. Some adopt kids, do IVF, foster pets, or enjoy life as a twosome. As long as you both are on the same page, you do you! The journey from first date to your version of commitment might be swift or slow, linear or with a few loops. It's all okay. The main thing is keeping each other in the loop through open hearts and communication.

In a committed stage, continue to be each other's best friend and biggest fan. Support each other's goals, celebrate achievements, and console disappointments. Keep flirting with each other, keep saying “I love you” (if that's your jam), keep the gay in your gay relationship. This means honoring the special understanding and joy that comes from two women loving each other. There's a particular tenderness and intensity often found in lesbian relationships, and when it's healthy, it's truly beautiful.

06

**Final Thoughts:
You've Got This** ❤️



The Lesbian Agenda Project

Like & Subscribe to learn more

Dating is a journey of discovery, about others *and* yourself. There's no one-size-fits-all manual (we're all learning as we go). So if you're worried about "doing it wrong," take a deep breath. You're learning and there's no rush to get it perfect. Each date, whether amazing or awkward, is part of the process.

A few parting pieces of big-sister advice:

- **Be yourself, unapologetically.** The right people will love you for you. Don't hide or shrink your identity to fit what you think someone wants. Authenticity is the ultimate attractor. As the saying goes in queer circles, "Your vibe attracts your tribe." In dating, your true vibe will attract a woman who likes that vibe!
- **Stay open-minded.** *You might have an ideal type or a dream scenario for how you'll meet "the one." But love often surprises us. Maybe you'll fall for a woman who is nothing like your type, or maybe that casual app hookup turns into your wife. Who knows! Be open to connections in unexpected places or with people you didn't initially expect. And if a date doesn't work out, it's not a failure! You can gain a friend or just a funny story for later.*
- **Take care of your heart.** Not every prospect will pan out, *and that's okay.* Remember your worth and step back if someone isn't treating you right. Surround yourself with friends (queer and straight) who remind you how lovable you are. If you make a mistake or get hurt, be gentle with yourself. Healing is part of the journey, too. *You deserve kindness from others, but also from yourself. Don't beat yourself up if something goes wrong. Learn and move forward.*
- **Have fun!** Dating is as much about enjoying the experience as it is about finding a partner. Flirt a little, go to new restaurants, laugh about the absurdities (because let's face it, dating can be weird and funny). Even the bad dates can become hilarious anecdotes with time. Embrace the adventure and the queer joy of being able to love who you love openly.

Finally, know that you are not alone. There's a whole community out here, from online forums to local queer meetups, of people who've been where you are, ready to support and celebrate with you. I'm rooting for you. So go forth, gorgeous, and write your own chapter! May it be filled with excitement, growth, and maybe even that head-over-heels love you've been looking for. And if you ever feel lost, this big sister guide (and the community) will be here to help you get back on track.

Happy dating, and most importantly, enjoy the journey. You've got this! 🌈💕

The Lesbian Agenda: Big Sister's Guide to Lesbian Dating

BY BRITTANY GLASSCOCK

Dating as a lesbian shouldn't feel like solving a riddle wrapped in patriarchy with a side of comphet. Whether you're freshly out, chronically confused, or just tired of advice written for straight people, this guide is your new go-to.

Think of it as your queer big sister's tell-it-like-it-is dating manual: inclusive, affirming, and free of cringe. You'll get clear, practical insight on everything from flirting (without overthinking it), decoding dating apps, navigating your first queer crush, to spotting red flags and staying grounded in your self-worth.

Written by a late bloomer lesbian, ADHD mom, and former teacher turned visibility advocate, this guide is full of heart, humor, and real talk. No gatekeeping. No stereotypes. Just one sapphic strategist helping you rewrite the rules and reminding you that being a lesbian isn't a phase. It's a power move.

You're not too late. You're right on time.



The Lesbian Agenda Project

Like & Subscribe to learn more

