

# Internet dating: how to find love online



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An increasing number of people are looking online for new relationships, especially those over 50. We all know that starting to date can be difficult at any age, but if you've recently left a long-term relationship, it can be daunting.

If you want to build a relationship at your own pace or simply make friends and enhance your social life, you may enjoy online dating.

There are a large number of online dating sites. Some are aimed at specific age groups, but most cater for all ages and for a wide range of potential relationships, from friendship to marriage.

Online dating works in a similar way to the social networking sites. Most sites offer a free sign-up and allow you to search. However, there's often a subscription fee for full membership, which will entitle you to reply to messages and access extra services.

While there have been some scary stories about meeting dangerous people via the internet, as long as you exercise common sense online dating can be fun. See our [How to stay safe online guide](#) for sensible advice.

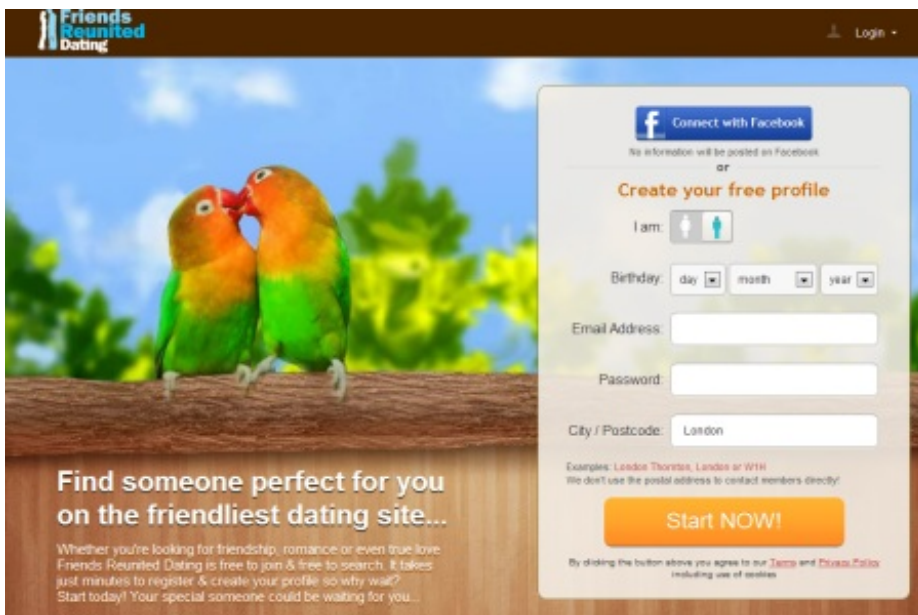
## You'll need:

- a computer with an internet connection
- an email account.

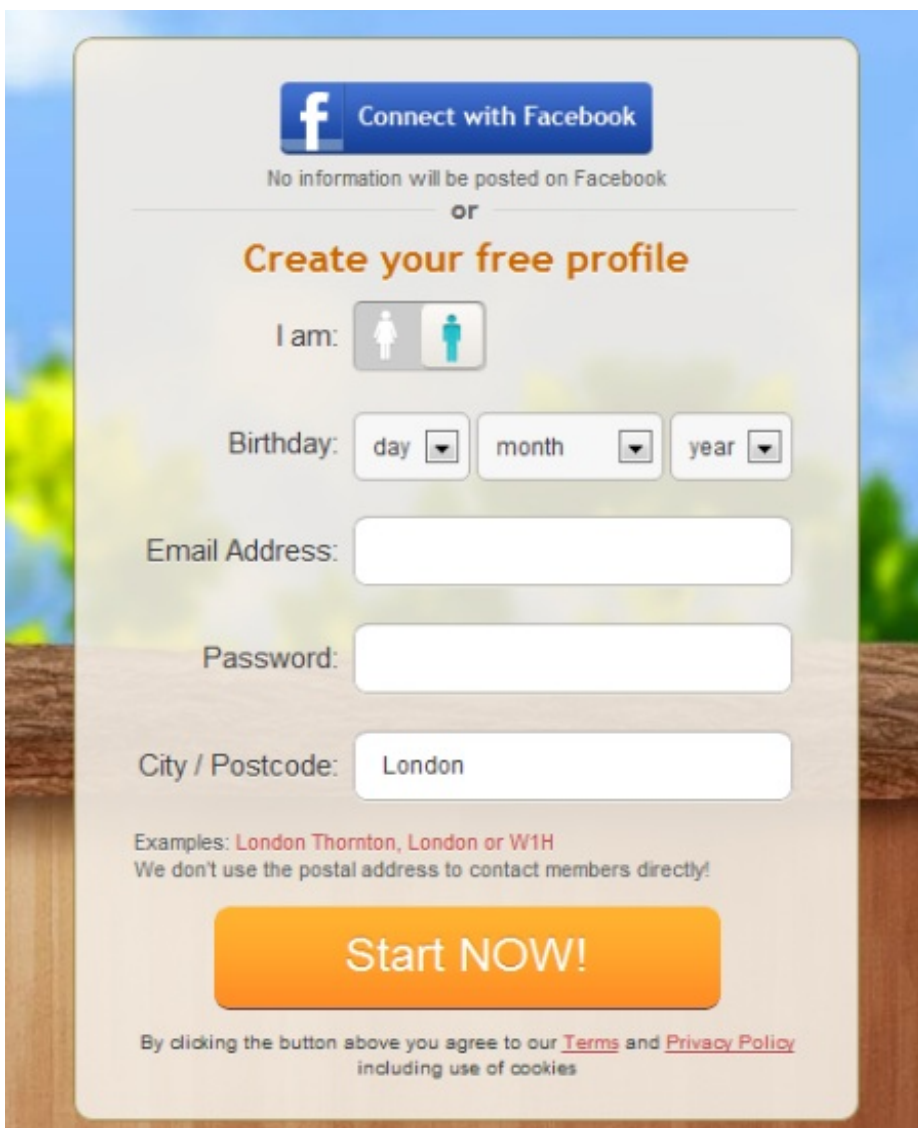
## Follow these step-by-step instructions to join an internet dating site

**Step 1:** Choose an established internet dating site. We have chosen [Friends Reunited Dating](#), a dating company that's been around for some years.

**Step 2:** Go to [www.friendsreuniteddating.co.uk](http://www.friendsreuniteddating.co.uk).



**Step 3:** You will see a box that is headed 'Create your free profile'.



**Step 4:** You can sign up using your Facebook log in details, but for this example we are signing up with email. First, select your gender by clicking on the icons representing man or woman next to 'I am'.

**Step 5:** Then, complete your date of birth using the drop down lists, and your email address, password and city or postcode.

The image shows a registration form for Friends Reunited Dating. At the top, there is a blue button with the Facebook logo and the text "Connect with Facebook". Below this, it says "No information will be posted on Facebook or". The main heading is "Create your free profile" in orange. The form includes fields for "I am:" with male and female icons, "Birthday:" with dropdown menus for day (31), month, and year, "Email Address:", "Password:", and "City / Postcode:" (with "London" entered). Below the form, there are examples of acceptable addresses: "London Thornton, London or W1H" and a note: "We don't use the postal address to contact members directly!". A large orange button says "Start NOW!". At the bottom, there is a disclaimer: "By clicking the button above you agree to our [Terms](#) and [Privacy Policy](#) including use of cookies".

**Step 6:** Click **Start NOW!**

**Step 7:** You will be sent an email to confirm your registration:


The image shows a confirmation email from Friends Reunited Dating. The header says "Welcome to FriendsReunitedDating". Below this, it says "Confirm your registration to start making new friends and more! Go to:" followed by the email address "reunited@reunited.com". There are two links: "Resend confirmation email" and "Change email address". A large orange button says "Check my Google mail Now!". Below this, there is an "Important" section with three bullet points: "It takes 5-10 minutes for confirmation email to arrive.", "If you do not see the confirmation email in your «Inbox» folder, check your «Spam/Junk» folder.", and "Mark it as 'not junk' to receive emails from FriendsReunitedDating further on."

**Step 8:** Go to your email inbox and you should have received an email from Friends Reunited Dating, with a link to click through to confirm your registration. Click **Activate my account**.



A pic will make you so popular here!

A photo will bring you 10 times more profile views!



Upload your photo

Ctrl

Hold down the Ctrl or Command key to pick and post more than 1 photo at a time (up to 20 pics).

Upload Photos from your computer

Take Photos with a webcam














Upload Photos from your mobile

Upload Photos from Facebook

My photos ⚠ Only the primary photo can be cropped.

Do's and Don'ts ▾

**Step 12:** You're nearly there now! The next screen allows you to tell potential matches about yourself. Using the drop-down menus, select hair colour, marital status, religion and more to help build up an accurate picture. Again, when you have finished, click **Save and continue** or **skip** if you would like to do this later.

<p> Hair color</p> <p>- Not Given - ▾</p>	<p> Marital status</p> <p>- Not Given - ▾</p>
<p> Build</p> <p>- Not Given - ▾</p>	<p> Children</p> <p>- Not Given - ▾</p>
<p> Height</p> <p>- Not Given - ▾</p>	<p> Want children</p> <p>- Not Given - ▾</p>
<p> Weight</p> <p>- Not Given - ▾</p>	<p> Education</p> <p>- Not Given - ▾</p>
<p> Eyes</p> <p>- Not Given - ▾</p>	<p> Smoke</p> <p>- Not Given - ▾</p>
<p> Religion</p> <p>- Not Given - ▾</p>	<p> Country of birth</p> <p>- Not Given - ▾</p>
<p> Ethnic origin</p> <p>- Not Given - ▾</p>	

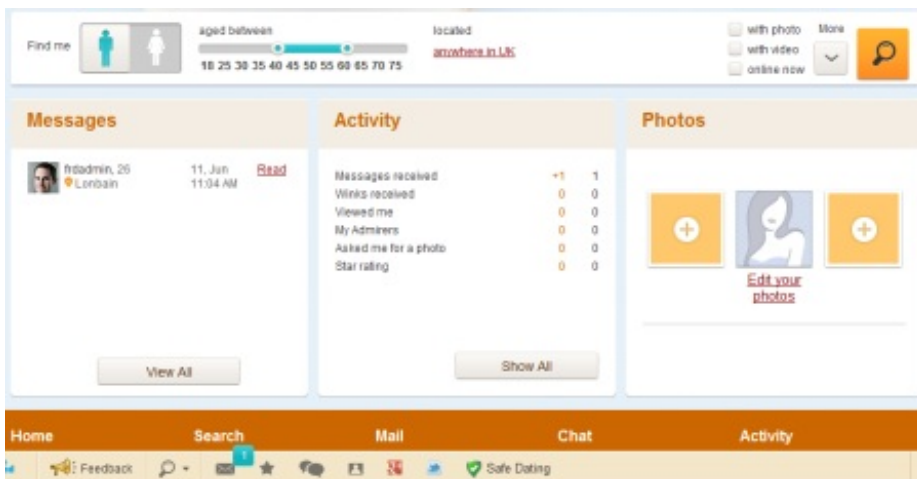
**Step 13:** You have now finished completing the sign up information and can start to search for potential matches. At this stage, you will have joined as a free member. To upgrade your account at any time, click the **Subscribe now** button in the top right of the site.

Subscribe now

**Step 14:** You will now be at the member home, here you can see who is currently online and matches your requirements. You can also access your profile to make changes and see your suggested matches.



If you scroll down, you will see (and can amend) your current search criteria and access any messages that you have been sent.



**Debbie Brixey is a Digital Unite tutor based in south London.**

## Next steps

[How to find family history online](#)

[How to find friends on Facebook](#)

[How to stay safe online](#)

[How to join Facebook](#)

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