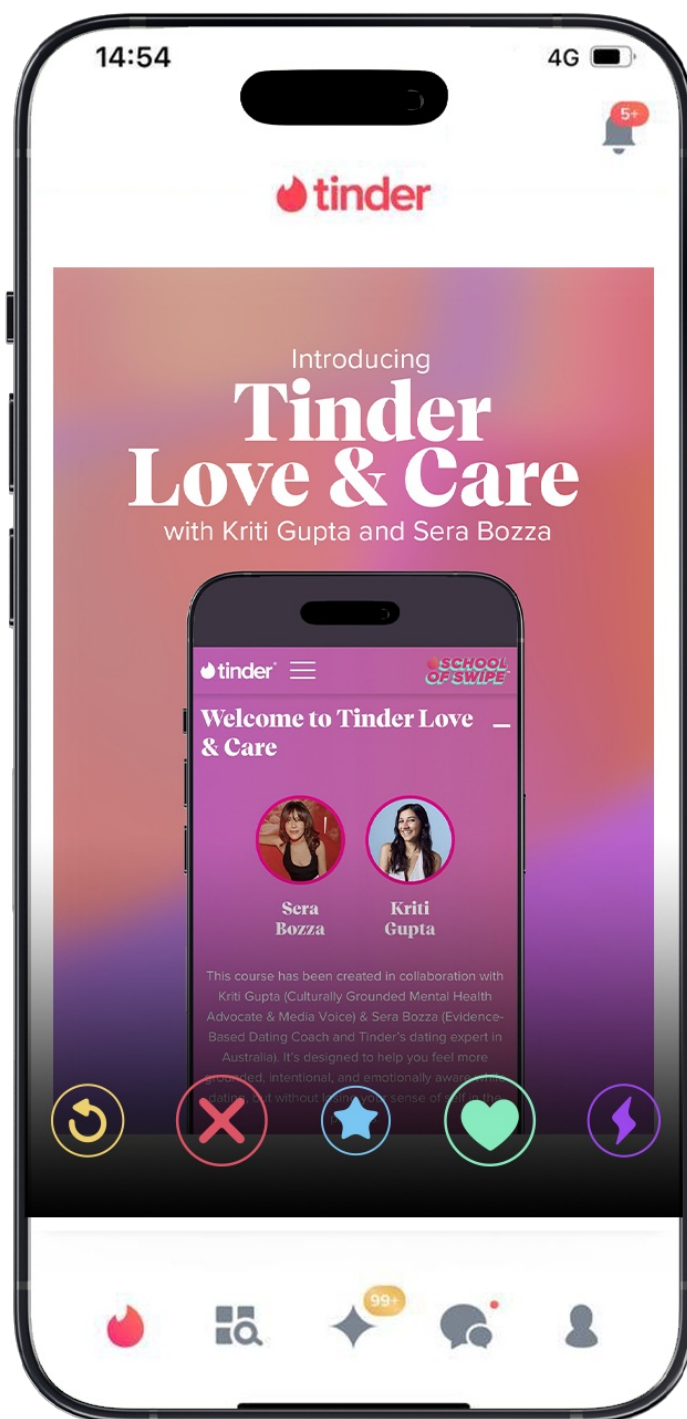


Tinder Launches “Tinder Love & Care”

A first-of-its-kind course blending wellness and dating so Aussies can build healthier relationships with more intention, self awareness and emotional care.



Sydney, Australia, 8 October 2025, Tinder, the world's most popular dating app, today announced the launch of Tinder Love & Care (TLC), a free digital course designed to help singles navigate modern dating with more emotional clarity, self-respect, and confidence.

Hosted on Tinder's [School of Swipe™](#) microsite, the syllabus has been co-created by Tinder's local Australian dating expert

Sera Bozza and Culturally Grounded Mental Health Advocate and Media Voice, Kriti Gupta. Their mission: to meet a growing demand among young Australians who are putting wellness, boundaries and emotional safety at the centre of their dating lives.

The data behind the shift:

Research from Tinder shows that prioritising self-love and wellness are increasingly shaping dating culture in Australia:

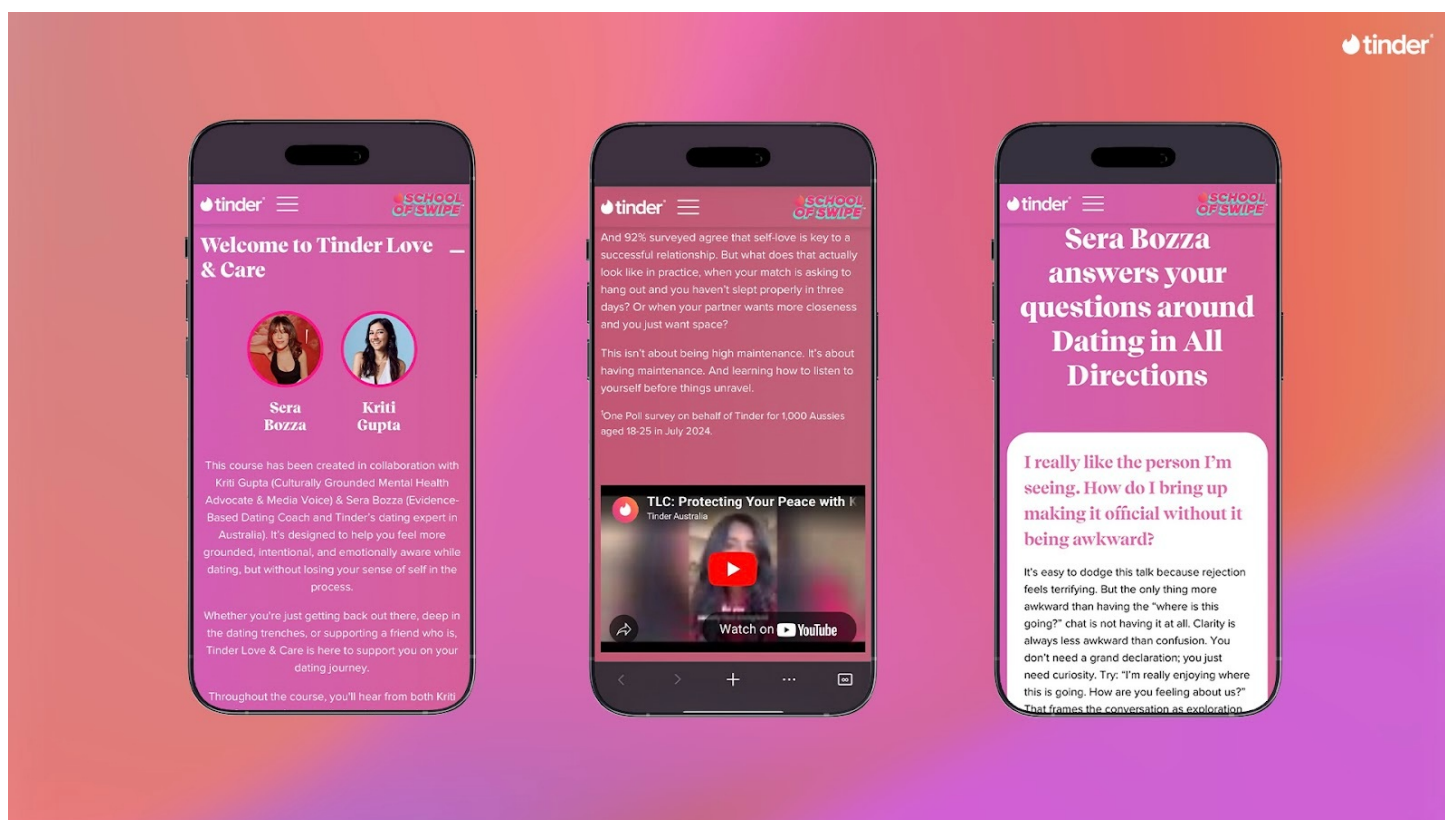
- **94% of surveyed Aussies** say it's important that the person they date prioritises their own wellness.
- **92% surveyed agree** that self-love is the key to a successful relationship.
- **70% surveyed confirm** wellness means 'feeling their best mentally.'
- **64% surveyed say** it's a red flag if someone doesn't prioritise their wellbeing.



"Dating today can be exciting but also overwhelming; it can stretch our boundaries and our mental energy," said Kriti Gupta, co-creator of the course. "TLC is about protecting your well-being while you put yourself out there. We wanted to create something that helps people feel resilient and grounded, without losing the fun of connection."

"One of the biggest red flags in dating is not trusting yourself: second-guessing, spiralling, and calling fear intuition. And with Aussies naming self-love and wellness as key priorities in their dating lives, it's clear they want to feel solid in themselves before they build with someone else," said Sera Bozza.

"TLC was created to help answer the late-night panic questions: Is this a red flag or just my brain spiralling? How do I talk about intimacy without making it weird? How do I protect my peace without giving up on connection?"



Kirsty Dunn, Director of Communications at Tinder in Australia added:“Tinder has always been about connections, and meaningful connections can start with self-awareness and care. TLC is our way of supporting users not just finding someone, but showing up as their best, most authentic selves. We’re proud to offer a resource that reflects and supports our community.”

What the Course Covers:

Tinder Love & Care is structured around four key modules:

1. **Protecting Your Peace:** Boundaries, gut instincts, and knowing when to pause.
2. **Dating in All Directions:** Exploring identity, intimacy, and evolving desires.
3. **Green Flags, Gut Feels & Ghosting:** Spotting patterns and walking away with less damage.
4. **Supporting Others:** Showing up for friends without burning out.

The course features real-life stories, video reflections, and self-guided prompts, all designed to make dating feel more human, not more complicated.

Why it matters now

With **95% of surveyed young Australians saying wellness is important in their lives** and confirming that “**finding a long-term partner**” is their top goal for the next three years, followed by “**working on personal growth and wellbeing**”, Tinder Love & Care arrives at a time when emotional connection and personal growth are top of mind.

Tinder Love & Care is more than a course, it’s a companion for anyone navigating the modern dating world with heart and intention. Whether you’re starting fresh, healing from past experiences, or simply wanting to show up better for yourself and others, TLC offers tools to help you date with clarity, compassion, and confidence.

[Tinder Love & Care](#) is now available on School of Swipe™ - your go-to guide for navigating modern romance with confidence, safety and now self-care.

About Tinder

Launched in 2012, Tinder® revolutionized how people meet, growing from 1 match to one billion matches in just two years.

This rapid growth demonstrates its ability to fulfill a fundamental human need: real connection. Today, the app has been downloaded over 630 million times, leading to over 100 billion matches, serving approximately 50 million users per month in 190 countries and 45+ languages - a scale unmatched by any other app in the category. In 2024, Tinder won four Effie Awards for its first-ever global brand campaign, It Starts with a Swipe™.

Tinder, Swipe, the flame logo, School of Swipe, and It Starts with a Swipe are all trademarks of Tinder LLC.

About research

One Poll survey on behalf of Tinder for 1,000 Aussies aged 18-25 in July 2024.

Media Assets

<https://au.tinderpressroom.com/Tinder-R-Launches-Tinder-Love-Care>