



POCKET SAFETY GUIDE

Something feels off? Don't rush.

A short pause is often more useful than trying to decide immediately whether a message or call is real.

STEP 1

STOP

Do not send money, passwords, verification codes or personal information while someone is pressuring you.

Pressure is a reason to slow down.

Urgency does not make a request more trustworthy.

STEP 2

CHECK

Does the request make sense? Is this how the person or company usually contacts you?

- ☐ I expected this request
- ☐ I recognize the situation
- ☐ I can verify it another way

STEP 3

CALL BACK

Contact the person or company using a number, app or website you already know.

Do not rely on the contact details in the unexpected message itself.

FAMILY CHECK

Use a private family safe word.

A safe word can be one extra check if a caller claims to be a loved one. It is not a guarantee that a call is real.

Our family has one:

☐ Yes ☐ Not yet

Do not write the actual safe word on this card.

UNEXPECTED MONEY REQUEST

Pause before you pay.

Gift cards, transfers and cryptocurrency requests are difficult to reverse. Verify the person independently before acting.

If you are unsure, involve a trusted adult, family member, bank or appropriate local authority before sending anything.

UNEXPECTED LOGIN REQUEST

Keep verification codes private.

A verification code is meant to prove that you are you. Do not read it to someone who called or messaged unexpectedly.

If an account may be compromised, go to the service using your own saved bookmark or app and change recovery settings there.

KEEP THIS NEAR THE PHONE

STOP → CHECK → CALL BACK

You do not have to decide on the spot.