

LESSON 3 / PROTECT YOUR FAMILY

My Family Safety Plan

A familiar voice can be imitated. Agree privately on a family safe word or phrase before an emergency. Do not write the actual word on this worksheet or enter it into an AI tool.

PAUSE. ASK. CALL BACK.

- Pause before acting on an urgent request.
- Ask the caller for the family phrase. Do not say it first or offer hints.
- Hang up and dial a number you already trust. Do not use a new number supplied by the caller.

Even a correct phrase is only one check. Verify independently before sending money or private information. If the person cannot give it, do not assume they are safe or in danger; use your callback plan.

AGREE PRIVATELY

Choose something memorable that is not a birthday, pet name, or public fact. Share it only with trusted family members. Replace it if it becomes known to others.

Trusted contact 1 / name and known phone number

Trusted contact 2 / name and known phone number

☐ We chose our family phrase privately and practiced calling back.

Cannot reach the person? Contact another trusted person. If you believe there is immediate danger, call your local emergency number. In the U.S., call 911.

Based on FTC family emergency scam guidance and FBI identity-verification guidance. Source links are on page 7 of the complete toolkit.