

FOR FAMILIES AND FACILITATORS

Practice Together

The goal is a useful result and a habit of checking. Read instructions aloud, allow extra time, and offer help without taking over.

A FIVE-MINUTE FAMILY CALL PRACTICE

- Agree that this is a pretend scenario. Never use a real emergency or your real family phrase in a group.
- One person plays a caller asking for urgent money. The other practices pausing, asking for the phrase, and ending the call.
- Practice finding a saved contact and explaining how you would call back. Do not place calls to emergency services during practice.
- Discuss what felt difficult and how a trusted person could help.

FINISH WITH SOMETHING USEFUL

Each participant shows a note, checklist, explanation, or plan they made with AI. Ask: What did you change? What did you check? What private information did you leave out?

PRINTING AND PRIVACY

Print on U.S. Letter paper at Actual Size, or use Fit for A4. Single-sided printing leaves room for notes. Keep completed contact sheets private. The website does not collect worksheet answers or family code words.

SOURCES FOR FAMILY SAFETY

FTC: Scammers Use Fake Emergencies To Steal Your Money. Explains voice impersonation and independently contacting family.

Read the FTC guide

FBI: Identity-verification recommendations, including a private family word or phrase (December 19, 2025).

Read the FBI guidance

Sources checked September 2026. Find clickable sources and all downloads at lifequestai.com/workshop/handouts.html.