

Try a family check-in

This free sample is a useful starting point on its own. The optional \$19 pack adds a 10-page fillable PDF, offline workbook, contacts sheet, reminder cards, conversation scripts and five practice situations.

Ask each other: Who can I call when a request feels unusual? How will I reach them independently? What will I do if they do not answer?

Agree on one sentence that gives you time to check. For example: "I will call back using the contact details I already have."

Keep the plan supportive. Nobody needs to hand over control of their money or devices to ask for a second look.

Do not write passwords, PINs, account numbers or a secret verification phrase on this page. Your completed copy stays with you.

My trusted helper and contact route

My backup contact

My pause sentence

A date to practice together

Try one practice situation

An unexpected caller sounds like a relative and urgently asks you to send money without telling anyone else. What would you do next?

Discuss your own plan before reading the suggestion below.

Suggested response: end the conversation and independently contact the relative or another known family member. A familiar voice or personal detail does not verify a payment request.

The point is to practice a pause and a trusted contact route, not to score someone's ability to spot a scam.

Free advice: consumer.ftc.gov/articles/how-avoid-scam. Free YOYOSUP tools: www.yoyosup.com/tools/hub/. The tools offer a second opinion; they do not certify a sender.

The full optional pack: www.yoyosup.com/tools/shop/readiness/. One-time \$19 purchase. Free tools and this sample stay free.

Who I would contact independently

One step we want to make easier