

Romance Scam Checklist for Family & Friends



EARLY SIGNS

Subtle behavioural changes often appear such as becoming secretive, withdrawing, mood shifts and defending the love interest intensely.

01

COMMUNICATION RED FLAGS

Look for signs the love interest may be manipulating or grooming them such as avoiding video calls or giving inconsistent stories.

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FINANCIAL RED FLAGS

These are the strongest indicators of a romance scam and include sudden “emergencies” or pressure to prove love through financial support.

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BEHAVIOURAL CHANGES TO WATCH FOR

Shifts in behaviour such as increased irritability or emotional volatility, reduced social activities and excessive time online can indicate grooming.

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APPROACH THE CONVERSATION SAFELY

Your tone matters more than your words. Avoid confrontation - your goal is connection, not correction. Stay calm, gentle and non-judgemental.

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WHAT NOT TO SAY

Phrases such as “you’re being stupid”, “how can you not see this”, “it’s obviously fake” or “I told you so” can shut down communication instantly.

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PRACTICAL STEPS

Stay connected - isolation increases vulnerability. Offer to listen without judgement and remember scammers target kindness, vulnerability and trust.

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SEEK PROFESSIONAL HELP

Professional verification can provide clarity without confrontation. PDPI can help you verify online profiles discreetly and professionally.

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