

Emergency Checklist

“I think I’m being scammed”



PAUSE ALL PAYMENTS

- Stop sending money, gift cards, crypto or bank details
- Contact your bank's fraud team if you've already sent money
- Freeze accounts if compromised

GATHER EVIDENCE

- DON'T DELETE ANYTHING
- Screenshot messages, profiles, photos and retain all emails
- Transaction receipts or bank statements
- Dates, timelines and promises made
- Save links to profiles before they disappear

GET VERIFICATION

- Don't rely on Google image search only
- Contact a licenced investigator (PDPI) for discreet verification
- Ask a trusted friend or family member for a second opinion

REPORT THE SCAM

- Report to your bank's fraud team
- Report to Scamwatch (Australia)
- If identity theft is involved, contact IDCARE

Links can be found at www.pdpi.com.au

YOU'RE NOT ALONE

- Scammers target people during vulnerable life moments
- You deserve safety, clarity and support
- PDPI can help you verify quietly, professionally and without judgement

STOP ALL CONTACT

- Do not reply to messages, calls or emails
- Block the person on all platforms
- Do not explain, justify or warn them - silence protects you

SECURE YOUR INFO

- Change passwords for email, banking and socials
- Enable two-factor authentication
- Check for unknown devices logged into your accounts

IDENTIFY RED FLAGS

Common signs include:

- Avoiding calls or meeting in person
- Stories include illness, military deployment or emergencies
- They ask for secrecy and pressure you emotionally or financially
- Their photos looked staged or inconsistent

PROTECT YOUR SAFETY

- Remind yourself - You're not silly. **You were targeted**
- Scammers use psychological manipulation designed to fool smart people
- Take breaks from the situation - your nervous system needs space

PLAN NEXT STEPS

I need:

- Clarity - "Is this person real?"
- Emotional Support - "I feel overwhelmed, ashamed, confused"
- To help a loved one - "Someone I love is being manipulated"
- To understand what happened - "I want to breakdown flags and patterns"