

Romance Scam Quick-Check Safety Guide

Protect yourself with this checklist you can review anytime.

✓ 1. Identity Verification

Confirm the person is REAL before trusting them:

- ☐ They have video-called with you at least once
 - ☐ They can send a **current** photo on request
 - ☐ Reverse-image search shows the photo is NOT stolen
 - ☐ Their social media profiles look real, not newly created
 - ☐ Their story is consistent over time
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✓ 2. Communication Red Flags

Watch for the most common scammer behaviors:

- ☐ They profess intense feelings very quickly (“You’re my soulmate”)
 - ☐ They avoid video calls (“Camera broken”, “Bad Wi-Fi”)
 - ☐ They message constantly but avoid meeting in person
 - ☐ They use strange grammar or overly formal wording
 - ☐ They try to isolate you from friends/family
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✓ 3. Emotional Manipulation Signs

Common psychological tactics:

- ☐ Sob stories (sick child, dying parent, frozen bank account)
- ☐ Sudden crises that “only you can help solve”

- ☐ Jealousy or possessiveness if you question anything
 - ☐ Guilt trips (“I thought you cared for me...”)
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✓ 4. Financial Danger Alerts

These are 100% scam indicators:

- ☐ Asking for **gift cards**
- ☐ Asking for **Cash App, Zelle, Venmo**
- ☐ Requesting **cryptocurrency**
- ☐ Requesting you pay a **shipping fee** or **customs fee**
- ☐ Suggesting investments that “guarantee returns”
- ☐ Asking you to **receive packages** on their behalf
- ☐ Requesting your **bank info, passwords, or ID photos**

If **any** of these boxes are checked → **STOP IMMEDIATELY.**

✓ 5. Safety Steps if You Suspect a Scam

- ☐ Cut off all communication
 - ☐ Block them on every app
 - ☐ Change passwords
 - ☐ Freeze credit (Experian, Equifax, TransUnion)
 - ☐ Report to FTC: <https://reportfraud.ftc.gov>
 - ☐ Report to FBI IC3: <https://ic3.gov>
 - ☐ Contact your bank if money was sent
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Final Reminder

Real love never asks for money.
Real people can always video call.
Trust actions — not words.

Stay safe and protect your heart.