



## Stay Safe Online - A Quick Reference Guide


### Remember: STOP - THINK - ACT

When you receive any unexpected message or request:


- **STOP:** Don't rush to respond
- **THINK:** "Was I expecting this? Does this make sense?"
- **ACT:** Confirm through official sources before proceeding

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### Common Scams to Watch Out For

 **Grandparent Scam:** Someone who claims to be a relative in trouble urgently needs money.

- **Action:** Call the family member directly using your existing contact information

 **Romance Scam:** Someone builds an online relationship but never meets in person, then asks for money.

- **Action:** Never send money to someone you haven't met in person

 **Tech Support Scam:** A caller or pop-up claims your computer has a virus.

- **Action:** Don't click links or download programs. Contact a trusted local tech service

 **Delivery Scam:** Text messages about package delivery problems with suspicious links.

- **Action:** Check deliveries only through official websites or apps

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### Password Protection

- Use **different passwords** for different accounts
- Create **strong passwords** with: CAPITAL and lowercase letters, Numbers (1,2,3), Special characters (!, @, #)
- **Password Tip:** Create a password from a meaningful phrase
  - "I love walking in the park at 3!" becomes "Ilwitp@3!"

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### Email and Message Safety

- **Never click links** in unexpected emails or texts
- **Go directly** to websites by typing the address yourself
- **Report spam** using the spam/junk buttons in your email
- **Don't respond** to suspicious messages, even to say "stop"

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### If You Think You've Been Scammed

1. Contact your bank immediately
2. Change passwords on affected accounts
3. Report to local authorities
4. File a report at **ReportFraud.ftc.gov**

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### For More Information

- **Golden Tech Tips:** [goldentechtips.com](http://goldentechtips.com) | [youtube.com/@GoldenTechTips](https://youtube.com/@GoldenTechTips) | [corey@goldentechtips.com](mailto:corey@goldentechtips.com)
- **Aspire Wellness:** [youtube.com/@Aspirewellnesszelienople](https://youtube.com/@Aspirewellnesszelienople) | [lutheranseniorlife.org/location/passavant-community](http://lutheranseniorlife.org/location/passavant-community)
- Ask for help at your local senior center or library

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**Remember: You're not alone! It's always okay to ask for help with technology.**

*Developed in collaboration with Aspire Wellness*