

Family Verification Plan

A calm plan for checking urgent messages before money, codes, gift cards, passwords, or private information are shared.

Use this when...	A message, call, pop-up, or email creates urgency and asks for money, codes, passwords, gift cards, account access, or personal details.
Core rule	Pause first. Verify another way. Help without shame.
Family promise	Ask before taking over. Explain what is being checked. Let the learner complete the safe step when possible.

1. Choose trusted contacts

Pick two people who can be contacted before urgent action is taken. Add phone numbers and the best time to reach them.

2. Create a family verification phrase

Choose a short phrase only your family knows. Use it when someone claims there is an emergency.

3. Agree on the pause rule

No money, gift cards, verification codes, passwords, or remote access during the first message or call. Pause first.

4. Save official contact methods

Write down official phone numbers and websites for important accounts. Do not rely on links inside suspicious messages.

5. Practice one scenario each month

Ask: What is the pressure? What should we avoid? How can we verify safely?

Fill-In Plan

Trusted Contact 1	Name: _____ Phone: _____
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Trusted Contact 2	Name: _____ Phone: _____
Family Verification Phrase	Phrase: _____
Official Bank Contact	Bank/App/Phone: _____
Phone Carrier Contact	Carrier/App/Phone: _____
Medical Portal Contact	Portal/Phone: _____

Before acting, ask these three questions:

1	What is the message pressuring me to do right now?
2	What information, money, gift card, code, or access is being requested?
3	How can I verify this using an official app, saved phone number, or trusted contact?