

The Ultimate AI Safety Checklist

A Quick-Reference Guide from "The Fortified Life: Deepfake Defense"

BEFORE YOU CLICK, CALL, OR CRISIS:

- ☐ **PAUSE.** Does this message make me feel strong urgency, fear, or excitement?
- ☐ **VERIFY THE SOURCE.** Is this from a trusted, official channel? Or a random link/DM?
- ☐ **SLOW DOWN.** Scammers rush you. Legitimate contacts give you time.

FOR VIDEOS (The S.L.A.T.E. Method):

- ☐ **Source:** Where did this video originate? (Official news channel vs. social media?)
- ☐ **Lighting:** Is the lighting on the face consistent with the background?
- ☐ **Audio:** Is the lip-sync perfect? Does the voice sound natural and in sync?
- ☐ **Time:** Do blinks and micro-expressions look natural and fluid?
- ☐ **Error Hunt:** Are the edges of hair, glasses, or jewelry fuzzy or "melting"?

FOR PHONE CALLS (The V.E.R.B. Method):

- ☐ **Verify:** I WILL ask for our family safe word.
- ☐ **Emotion:** Does the emotional tone (panic, urgency) match the person and situation?
- ☐ **Report:** I will hang up and report the number to my carrier.
- ☐ **Break Contact:** I will call back on a known, trusted number to confirm.

FOR EMAILS/TEXTS:

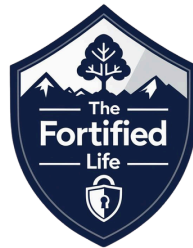
- ☐ Check the sender's email address or phone number carefully for slight misspellings.
- ☐ Hover over links (don't click!) to see the real destination URL.

- ☐ Is the message generic, or does it use my name and specific details?
- ☐ Is there an urgent request for money, info, or clicking a link?

YOUR ACTION PLAN:

- ☐ I HAVE A PASSWORD MANAGER. All my passwords are long, unique, and stored securely.
- ☐ 2FA IS ON. My critical accounts (email, bank) use 2-factor authentication.
- ☐ MY CREDIT IS FROZEN. No one can open new lines of credit in my name.

► *Need help? Remember your first step is always to PAUSE and VERIFY.*



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