

# The Family Safety Plan Worksheet

Your Blueprint for a Fortified Family

Family Meeting Date:

## STEP 1: THE SAFE WORD

This is our family's secret code word for emergencies. It must be easy to remember but impossible to guess (e.g., not a pet's name or birthday).

Our Family Safe Word is:

**The Rule:** If anyone calls, texts, or messages asking for help, money, or information in an emergency, they **MUST** be able to tell us the safe word. If they can't, we will assume it is a scam and hang up immediately.

## STEP 2: TRUSTED CONTACTS

Who should we call to verify if we're unsure? (e.g., a relative who lives elsewhere)

Primary Contact:

Phone:

Backup Contact:

Phone:

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## STEP 3: VERIFICATION RITUAL

What is our step-by-step plan if we get a suspicious call?

1. **Stay Calm.** Remember, scammers use panic.
  2. **Ask:** "What is our safe word?"
  3. If they know it: Proceed to help.
  4. If they DON'T know it or sound angry: HANG UP immediately.
  5. **Call Back:** Use your phone's contact list to call the person directly on their known number to check if they are safe.
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## STEP 4: FINANCIAL PROTOCOLS

How will we handle urgent money requests?

- We will NEVER wire money, send cryptocurrency, or buy gift cards based on a phone call or email alone.
- We will always verify the request through a separate communication channel (e.g., a direct phone call).
- Our code word must be used for any unusual financial request.

## STEP 5: DIGITAL HOUSE RULES

Let's agree on our family's online safety basics.

- We have set all social media profiles to PRIVATE.
- We have REMOVED sensitive info (birthdates, addresses, school names) from public profiles.
- We know NOT to overshare online (e.g., vacation plans in real-time, pictures of kids with school logos).
- We use a PASSWORD MANAGER to create strong, unique passwords.

## Family Member Signatures:

Signature

Signature

Signature

## Signature

- This plan is our first line of defense. We will review it every 6 months.



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