



# AI Starter & Scam-Stopper Kit

Free companion to *AI for Seniors, Plainly Explained*

Print it. Cut out the cards. Put one by the phone, one in your wallet, and give one to each family member.

## What's inside

---

1. Scam-Stopper wallet cards (cut out)
2. Family Safe Word setup sheet
3. The TALK Method card
4. The Never-Share List
5. 25 starter prompts to try this week
6. Trusted numbers sheet (keep by the phone)

# 1. Scam-Stopper Cards: cut along the dashed lines

## The Scam-Stopper Rules

1. Pause. Urgency is the scammer's tool.
2. Hang up. Call back on a number you trust.
3. Ask for the family safe word.
4. Never pay by gift card, crypto or wire.
5. Secrets are a red flag. Tell someone.
6. Never share codes, passwords or ID numbers.

## Before I send money, I ask:

1. Did they contact me first?
2. Are they rushing me?
3. Did they ask me to keep it secret?
4. Is the payment method unusual?

**Any "yes" = stop and call someone I trust.**

## The Scam-Stopper Rules

1. Pause. Urgency is the scammer's tool.
2. Hang up. Call back on a number you trust.
3. Ask for the family safe word.
4. Never pay by gift card, crypto or wire.
5. Secrets are a red flag. Tell someone.
6. Never share codes, passwords or ID numbers.

## Before I send money, I ask:

1. Did they contact me first?
2. Are they rushing me?
3. Did they ask me to keep it secret?
4. Is the payment method unusual?

**Any "yes" = stop and call someone I trust.**

## The TALK Method

**T**ell it who you are and why

**A**sk for one clear thing

**L**ist the details that matter

**K**eep talking: "simpler", "shorter", "explain that part"

## Never type into AI (or give on the phone)

Social Security / Medicare / tax file numbers ·  
Bank or card numbers · Passwords or PINs ·  
One-time codes sent to your phone · Full date  
of birth + address together

## 2. Family Safe Word setup

---

A safe word is a secret word only your family knows. If someone calls sounding like a loved one and asking for money, ask for the word. A cloned voice can't answer it.

1. **Choose a word** that is easy to remember but not on social media. Not a pet's name or street name. Example style: an odd pair like "purple teapot".
2. **Share it in person** or on a call you started yourself. Never by text or email.
3. **Agree on the rule:** "If anyone asks for money or help in an emergency, I will ask for the word. No word, no money."
4. **Practise once.** Have a grandchild call and ask. It makes it feel normal.
5. **Change it** if you think anyone outside the family learned it.

**Family members who know our word:**

---

---

---

Do not write the word itself on this sheet.

### 3. 25 starter prompts to try this week

---

1. I'm new to AI. Explain in 5 short sentences what you can help me with.
2. Write a short, warm thank-you note to my neighbour who shovelled my driveway.
3. Make this email friendlier but keep it short: [paste your email]
4. I'm seeing my doctor about my knee next week. Give me 6 questions to ask.
5. Explain what "deductible" means on an insurance letter, in plain English.
6. I have eggs, spinach, cheese and bread. Suggest 3 easy lunches.
7. Plan a gentle 3-day trip to Savannah for someone who can't walk far.
8. Make a packing list for 5 days in March, in big simple bullet points.
9. Tell me 5 interesting things that happened in the year 1956.
10. Give me a 10-minute seated stretching routine. Keep it gentle.
11. Help me write a birthday message for my granddaughter who just turned 16.
12. What questions should I ask before switching my phone plan?
13. Explain what a "text message scam" looks like, with 3 examples.
14. Is this message a scam? What are the warning signs? [paste the message]
15. Interview me about my childhood, one question at a time.
16. Write a short bedtime story for my grandson Max, age 6, who loves trains.
17. Suggest 5 books like the ones I enjoy: [list two or three]
18. Teach me 10 useful Spanish phrases for a restaurant, with how to say them.
19. Help me make a weekly budget with these costs: [list them, no account numbers]
20. My tomato plant leaves have yellow spots. What might cause that?
21. Write a polite complaint letter about a late delivery. Keep it firm but kind.
22. Give me 5 conversation starters for my book club about "[book title]".
23. Explain how to make the text bigger on an iPhone, step by step.
24. Summarise this long letter in 5 bullet points: [paste text, remove personal details]
25. Answer more simply, in shorter sentences, please.

## 4. Trusted numbers: keep by the phone

---

Only use numbers you wrote here yourself, or that are printed on your card or statement. Never use a number a caller gives you. A real bank, government office or family member will never be upset if you hang up and call back.

|                                   |  |
|-----------------------------------|--|
| <b>My bank's fraud line</b>       |  |
| <b>My card company</b>            |  |
| <b>Family member 1</b>            |  |
| <b>Family member 2</b>            |  |
| <b>My doctor's office</b>         |  |
| <b>My phone company</b>           |  |
| <b>Trusted friend / neighbour</b> |  |

## Where to report a scam

---

**USA:** ReportFraud.ftc.gov · online crime: ic3.gov

**UK:** Report Fraud (formerly Action Fraud) · call 159 to reach your bank safely

**Australia:** scamwatch.gov.au · cyber.gov.au (ReportCyber)

**First, always:** call your bank straight away if money or card details were involved.