

FRAUD CHECKLIST



We secure our homes to prevent burglary.

Why don't we do the same to prevent fraud? The impact of being a victim of fraud can have a negative effect on our physical and mental health as well as financial. The crime of fraud can lead to further identity fraud, blackmail and loss of confidence. We need to start securing our lives against scams and fraud. This simple check list is designed to ensure you have basic prevention measures in place to minimise the risk from fraud.

There are four paths into your life that a criminal will explore to commit fraud.



Phone

Mobile/Landline



Post

Mail/Letters



Doorstep

Doorstep and inperson



Internet

Email/Direct Messages/
Gaming/Social Media

Remember to:



STOP

Stop and take time to think. No legitimate organisation will rush you to give out money or personal information.



CONSULT

Challenge by cutting off communication and confirming who they are through official contact details. Ask trusted people for their thoughts.



ASSESS

Take time to assess all the information. Add up the facts and what you and your trusted friends think.



MANAGE

Manage by reporting the incident to Action Fraud, your bank, social media platform, family and friends.



Doorstep or In Person

- Sign up to the Priority Services Register with OFGEM www.ofgem.gov.uk
- Be alert and aware
- Secure doors and windows
- Use signs, stickers and CCTV
- Politely decline conversation with unknown people
- Take photos and check ID
- Have list of trusted people to contact



Telephone

- Register with Telephone Preference Service www.tpsonline.org.uk
- Don't answer unknown numbers and block them
- Block nuisance numbers through your phone provider
- Use a call blocker to stop nuisance calls to a landline
- Forward nuisance/SCAM numbers to 7726



Post

- Register with the Mailing Preference Service www.mpsonline.org.uk
- Register as a Scam Marshall with National Trading Standards www.friendsagainstscams.org.uk
- Opt out of the open register on the government Register to Vote service
- Check credentials on any letters by using official websites
- Ask trusted people what they think



Internet

- Use strong, long & unique passwords
- Use a password manager
- Use Two-Factor Authentication/ Two-Step Verification
- Forward nuisance/SCAM emails to report@phishing.gov.uk
- Complete any device security updates
- Use anti-viral software & regular back-up's

For further information from the RECCC look at www.nerccu.police.uk

