



## ROMANCE SCAM RED FLAG CHECKLIST

### Speak. Be Held. Heal.

Romance scammers target people of all ages, backgrounds and education levels. Use this checklist to identify common warning signs. The more boxes you tick, the greater the risk.

### PROFILE & IDENTITY

- We met online and have never met in person.
- Their photos look professional or model-like.
- Their profile appears new or incomplete.
- They avoid answering questions about themselves.
- Their story changes over time.
- They claim to work overseas, on a ship, oil rig, military deployment or remote contract.

### RELATIONSHIP SPEED

- They declared love very quickly.
- They call me soulmate, darling or my love very early.
- They discuss marriage or a future together despite never meeting.
- They become upset when I don't respond immediately.

### COMMUNICATION

- They moved the conversation quickly to WhatsApp, Telegram or private chat.
- They avoid video calls.
- They repeatedly cancel calls or meetings.
- They always have an excuse for not meeting.

### MONEY REQUESTS

- They asked for money.
- They requested a loan.
- They requested gift cards.
- They requested cryptocurrency.
- They asked for travel, medical, legal or customs fees.

### INVESTMENT SCAMS

- They introduced an investment opportunity.
- They encouraged crypto or online trading.

- They showed screenshots of profits.
- They encouraged larger and larger investments.

## **SEXTORTION RISKS**

- They requested intimate photos or videos.
- They pressured me to send private content.
- They threatened to expose information.

## **ISOLATION & MANIPULATION**

- They ask me to keep the relationship secret.
- They discourage me from talking to family or friends.
- They make me feel guilty when I question them.

## **YOUR SCORE**

0–5 ticks: Low concern – remain cautious.

6–10 ticks: Warning signs present – verify identity.

11–15 ticks: High risk – many scam indicators present.

16+ ticks: Very high risk – stop sending money and seek advice immediately.

# WHAT TO DO IF YOU THINK YOU ARE BEING SCAMMED

- Stop sending money immediately.
- Do not send gift cards, cryptocurrency or banking details.
- Stop sharing personal or intimate content.
- Save screenshots, messages and payment records.
- Reverse-image search profile photos.
- Talk to a trusted friend or family member.
- Report the profile to the platform.
- Report financial losses to your bank and law enforcement.

## COMMON RED FLAGS

- Love declared within days or weeks.
- Refuses video calls.
- Always overseas.
- Repeated emergencies.
- Requests secrecy.
- Requests money.
- Promises repayment.
- Too perfect to be true.

## NOTES

---

---

---

---

---

---

---

---

---

---

---

## Need support or more information?

Visit: [www.2talk.co.za](http://www.2talk.co.za)

**STOP. THINK. VERIFY.**