

Romance Scams Happen

Don't let them happen to you

Think You've Made a New Friend?

It might not be what it seems. Some people online pretend to be friendly, kind, or even romantic, just to trick you.

How They Try to Trick You

These people often:



Message with lots of compliments



Use fake or stolen photos



Say they need money for bills, travel, or family emergencies



Ask to move the chat from social apps to text or WhatsApp



Avoid showing their real face

Need help? Visit our resource hub or speak to a trusted adult



Childline – 0800 1111 – childline.org.uk

The Mix – themix.org.uk

Ditch the Label – ditchthelabel.org

Report Harmful Content – reportharmfulcontent.com

Look out for the signs:

They might...

- Say “I love you” very quickly
- Avoid video calls or meeting up
- Use photos that look overly perfect or fake
- Keep changing their stories
- Ask for money, gift cards, or help with “emergencies”
- Small things like £10 or a gift card, can be part of a scam.

Protect Yourself

- Think.** Are they too perfect? Too quick to get personal?
- Check.** Use reverse image search on their photos
- Talk.** Ask someone you trust if it feels weird
- Don't Pay.** Never send money or codes to someone you've never met

If You've Already Been Scammed

You are not in trouble and not alone.

- Stop talking to them right away
- Tell your bank or payment app
- Change any shared passwords or logins
- Report it at [actionfraud.police.uk](https://www.actionfraud.police.uk) or call 0300 123 2040
- Talk to someone you trust, you deserve support

Stay safe. Speak up. Protect your space online.