

# YOUR GUIDE AFTER A ROMANCE SCAM

*A comprehensive guide that aims to help victims of In-Person, Online Romance, and Pig Butchering scams by providing them with resources and guidance to aid in their recovery.*



ADVOCATING AGAINST  
ROMANCE SCAMMERS



## Post Scam Checklist

- ☐ **Stop All Contact**  
Continuing the communication with the scammer can put the victim in danger of ongoing manipulation and can aid in a scammer's fraud techniques.
- ☐ **Collect All Information**  
DO NOT DELETE ANYTHING!  
It's crucial not to delete any information that could link a scammer to the fraudulent activity. Saving all relevant data will be essential in apprehending the perpetrator.
- ☐ **Report the Scam**  
AARS strongly advises all victims of romance scams to report the crime to the relevant authorities in their area. It is imperative to ensure that everyone receives justice.
- ☐ **Phone calls to make**  
Reach out to your bank and credit card companies to determine the best safeguards for your accounts. Free fraud alerts are also an option with several credit bureau companies.
- ☐ **Support**  
AARS recommends seeking support from a licensed therapist who can provide guidance and assistance in dealing with romance scams, as they involve mental manipulation.
- ☐ **Education**  
Staying informed about the latest strategies employed by scammers can significantly reduce the chances of being scammed again.

## Before Reporting...

### Collect the Following:

- Every phone number the scammer called you from or gave to you.
- Every name the scammer gave to you or used.
- All Social Media account URLs the scammer works from
- All emails the scammer or affiliates used to contact you related to the scam.
- Any addresses given to you during the duration of the scam.
- Bank or Crypto account information you gave to the scammer or the scammer gave to you.
- Screenshots of blackmail, threats, or requests for money, photos, and personal information
- Any receipts from purchases, money transfers, and deposits,

**TURN OVER FOR A  
DETAILED CHECK LIST!**

**Contact Us**



[www.advocatingforu.com](http://www.advocatingforu.com)



[aars@advocatingforu.com](mailto:aars@advocatingforu.com)





**IF YOU ARE HAVING SUICIDAL  
THOUGHTS  
DIAL 911 OR GO TO YOUR NEAREST  
EMERGENCY DEPARTMENT.**

**SUICIDE & CRISIS HOTLINE:  
CALL OR TEXT: 988**

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## Post Scam Checklist

### Start Making Phone Calls



- ☐ Call your bank(s) inform them of the scam. Inquire best steps for your situation.
- ☐ Call and cancel any credit cards you may have given to scammers.
- ☐ Call Social Security Administration if your SSN was shared with the scammer.
- ☐ Call/Visit (online) Credit Bureaus and inform them what happened.
- Experian [Fraud Alert Center at Experian](#) – Offer a Fraud Alert Program ( verify your identification before extending credit in your name in case someone is using your information without your consent.
- Equifax [Equifax Complete™ Premier](#) With a monthly fee, you can activate automatic fraud alerts, and we'll place an initial alert on your credit report. This alert encourages lenders to take extra steps to verify your identity before extending credit.
- Transunion [Fraud Alerts](#) | [Place a Fraud Alert](#) | [TransUnion](#) | [TransUnion](#) A fraud alert is free and notifies creditors to take extra steps to verify your identity before extending credit.

### Report the Scam



- ☐ Inform your local law enforcement and ask for a case number.
- ☐ Make a report to the Internet Crimes Complaint Center ([IC3.gov](#)) for criminal cases.
- ☐ Report to the Federal Trade Commission ([FTC.gov](#)) for consumer protection.
- ☐ Crypto-Scams: Email the [U.S. Secret Service](#) along with the above-mentioned.
- ☐ If outside of the United States, reach out to your local authorities.

### Future Online Safety



- ☐ Change your passwords for the following:
  - ☐ Bank website
  - ☐ Social media and messenger accounts
  - ☐ Crypto accounts
  - ☐ Credit Card website
- ☐ Make all social media accounts private.
- ☐ Do not respond to messages or friend requests from people you do not know.
- ☐ Change your phone number. Scammers will continue to contact you.
- ☐ Create a new Email address. Scammers will continue to contact you.

**\*Fact: Scammers will sell your information to other scammers to attempt to re-victimize you!**

### Support Options



- ☐ Licensed Therapist or Counselor
- ☐ Support Groups (online/in person)- AARS highly recommends a licensed-ran group.
- ☐ Online romance scam advocate specific groups.
- ☐ Trusted loved ones.
- ☐ Self-education.

### HELPFUL TIPS

### Tips Post Scam...

- Create a folder on your computer to save all data collected from the scam.
- Have a dedicated binder in your home to keep receipts, bank statements, and any other hard copies about the scam.
- Review your credit score monthly.
- Change your passwords on all internet accounts bi-annually.
- If ever in doubt of a scam:
  1. Do your research.
  2. Ask loved ones for help.
  3. Reach out to [AARS](#); it's what we do!

### Educational Materials



- [Scammer Red Flags](#) - AARS
- [Stay Safe Online: Avoid Romance Scams](#) - US Secret Service
- [Romance Scammers' Favorite Lies Exposed](#) - FTC
- [Understanding Pig Butchering Scams](#) - ACAMS
- [Stay Platform Safe](#) - AARS
- [Meet the Scammers Breaking Hearts and Stealing Billions Online](#) - ABC Four Corners - Documentary

**"A scam will never define you.  
The size of your heart, integrity, and  
generosity will."**

**-Kathy Waters**

Co-founder of  
Advocating Against Romance Scammers

