

Pause. Check. Connect.

A kitchen-table reminder for unexpected texts, emails and calls.

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☐ **Pause the request**

Do not click, reply, pay or share a code while you are uncertain.

☐ **Leave the sender's channel**

End the call or close the message. Do not use its link or phone number.

☐ **Check with a known contact**

Use the number on your card, a saved official app or the family number you already have.

☐ **Talk to someone you trust**

Pressure and secrecy are reasons to ask for support—not to act faster.

☐ **Act if something was shared**

Money sent, or card/banking details shared: contact your financial institution immediately using known details, even without a charge. Password or code shared: use official account recovery. A suspicious file or app: use independent device-check guidance.

☐ **Save evidence and report**

Keep messages and receipts if safe. Use official Canadian reporting guidance and contact local police if you were a victim.

A polished message can still be a scam. These steps do not guarantee safety or recovery. In immediate danger, call 911.

Immediate danger: call 911.

Money sent or card details shared: call your financial institution using the number on your card or statement.

Report fraud (Canadian Anti-Fraud Centre): 1-888-495-8501, Monday–Friday, 10 am–4:45 pm Eastern · reportcyberandfraud.canada.ca · Contact local police if you were a victim.

Contacts checked October 5, 2026. Confirm current details at antifraudcentre-centreantifraude.ca.

Free resource from Kindred Click: kindred-click.pages.dev/print/pause-check-connect/ · Help steps: kindred-click.pages.dev/help/

Sources & review

Source check: October 5, 2026. These links go to the original publishers; listing a source is not an endorsement. Safety and reporting guidance follows these official Canadian pages. Confirm current details there before acting.

1. **Get Cyber Safe** — Phishing: Don't get reeled in - Get Cyber Safe — <https://www.getcybersafe.gc.ca/en/phishing>
2. **CAFC** — Emergency — <https://antifraudcentre-centreantifraude.ca/scams-fraudes/emergency-urgence-eng.htm>
3. **CAFC** — What to do if you're a victim of fraud — <https://antifraudcentre-centreantifraude.ca/scams-fraudes/victim-victime-eng.htm>
4. **CAFC** — Report fraud and cybercrime — <https://antifraudcentre-centreantifraude.ca/report-signaliez-eng.htm>