

The Family Safety Kit

*Three printable pages that protect the people you love —
from the scams that now use AI to sound exactly like family.*

1

The Family Safe Word card

One question that defeats any cloned voice. Cut out, keep by the phone.

2

The First 60 Minutes

If money already left — the exact order that gets it frozen.

3

First Aid for Damaged Photos

Before any app: what the National Archives says to do, and never do.

Everything in this kit is checked against government sources
(FBI, FTC, National Archives) — and dated, because advice goes stale.

Assembled by Prof. H — professor of AI and robotics.
Free. No sign-up required. Share it with anyone.

How to use this kit tonight

□ Print pages 3, 4 and 5.

Plain paper is fine. Black and white is fine.

□ Over dinner, pick your family safe word.

The card explains the four rules. It takes ten minutes, and it beats the cleverest voice-cloning call there is.

□ Put the First 60 Minutes page where the phone lives.

You will never need it calm — so decide the steps while you are.

□ Photo first aid goes in the closet with the albums.

The day water finds a shoebox, the first ten minutes decide everything.

Numbers worth keeping (verified August 2026)

National Elder Fraud Hotline (DOJ)

833-372-8311 · Mon-Fri, they assign a case manager

AARP Fraud Watch Helpline

877-908-3360

FTC — report any scam

ReportFraud.ftc.gov · 877-382-4357

FBI Internet Crime Complaint Center

ic3.gov — file regardless of the amount lost

Identity theft recovery plan

IdentityTheft.gov · 877-438-4338

CUT OUT • KEEP BY THE PHONE

Our Family Safe Word

If a call frightens you, ask one question. That is the whole defense.

WRITE NOTHING HERE. SAY IT ALOUD.

“What’s our safe word?”

Choosing one — four rules

- 1 Not a name from your life**
no pets, no children, no old street names
- 2 Not findable online**
if it is on Facebook, it is not a secret
- 3 Absurd, so panic can’t erase it**
“purple tractor” beats anything clever
- 4 Spoken only, never typed**
no texts, no email, no group chat

If they hesitate, get angry, or say there is no time — hang up.

Call back on the number already in your phone. Nobody is ever in trouble for hanging up.

Free to print — one page, no login

profhlab.com

Full guide: profhlab.com/ai-scams-targeting-seniors — how to choose it, teach it without scaring anyone, and rehearse it once a season.

IF MONEY ALREADY LEFT • ACT IN THIS ORDER

The First 60 Minutes

The FBI froze \$679 million in 2025 — a 58% success rate. Speed is the whole game.

1

Minute 1 — call your bank

Say “fraudulent transfer” and ask them to attempt a recall. Do this before anything else.

2

Minute 10 — file at ic3.gov

Regardless of the amount lost. The “\$50,000 minimum” you have read about is the FBI’s internal trigger, not your bar.

3

Minute 20 — report to the FTC

ReportFraud.ftc.gov — file even if no money moved. Attempted scams build the cases.

4

Minute 30 — freeze your credit

All three bureaus, free, minutes each: Equifax, Experian, TransUnion.

5

Minute 45 — write it all down

Names, numbers, times, what you were told, where the money went. Memory fades fast after a shock.

Then call a person: National Elder Fraud Hotline 833-372-8311 — they assign you a case manager.

profhlab.com

The FBI froze \$679 million in 2025 — a 58% success rate. Speed decides it; shame delays it. Nobody is ever in trouble for asking for help.

BEFORE ANY APP • BASED ON U.S. NATIONAL ARCHIVES GUIDANCE

First Aid for Damaged Photos

Five minutes of physical care beats anything software will ever do.

Do

- **Air-dry wet photos individually, face up**
On paper towels; change them as they soak through.
- **Hold prints by the edges only**
The wet image surface is as fragile as it will ever be.
- **For stuck prints — last resort**
Room-temp distilled water, 15–30 minutes, then separate gently. Never with a one-of-a-kind photo.
- **Irreplaceable photo?**
A photograph conservator, not the sink. Worth every dollar.

Don't

- ✗ **Never freeze old photos or negatives**
The Archives' own word: never — even though freezing is standard for wet books.
- ✗ **Don't touch the image surface**
Fingerprints bond with wet emulsion permanently.
- ✗ **Don't peel stuck photos apart dry**
The image layer tears before the paper does.
- ✗ **Don't throw away the "ruined" print**
It is the original record. Every AI result is a copy with opinions.

Then — and only then — scan it and let the AI work on the copy.

Guidance: [archives.gov](https://www.archives.gov) • Emergency Salvage of Flood-Damaged Family Papers proflab.com

Full walkthrough with the AI prompts: proflab.com/restore-old-photos-ai — and remember: the original print is the record. Keep it.

The thinking behind the kit

In 2025, Americans over 60 reported \$7.75 billion in fraud losses to the FBI — up 59% in one year — and 2025 was the first year the FBI tracked AI as a category at all. The scams changed. The defenses in this kit are the ones that do not care how good the technology gets: a shared secret, a practiced first hour, and a calm pair of hands.

Every number in this kit was checked against the primary source in August 2026, and each page prints the source it came from. When the facts change, the kit gets a new edition.

Go deeper (free, on the site)

AI scams targeting seniors — the full safe-word guide
profhlab.com/ai-scams-targeting-seniors

Best free AI tools for seniors — seeing, hearing, reading
profhlab.com/best-ai-tools-for-seniors

ChatGPT, step by step, for beginners over 50
profhlab.com/how-to-use-chatgpt-beginners-over-50

Restore old family photos with AI — the exact prompts
profhlab.com/restore-old-photos-ai

One short, plain-English email a week — what I tested and what it costs:
profhlab.beehiiv.com/subscribe

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Independent — no tool paid for placement in this kit.