

HOW TO SPOT

Romance Fraud



What is love bombing, gas lighting, catfishing?

This is where someone lures you into a relationship by winning your trust either in person or online with the objective of creating a coercive/controlling relationship or taking money

How can I spot the signs?

01 Too Personal

Conversations that get personal very quickly and they want to know your personal details, including your bank detail



02 I love you

They profess love even after a brief acquaintance and suggest communicating via email, text, or phone instead of meeting in person



03 Fake not Fact

They only tell you vague details about themselves, nothing that can be fact-checked. They are likely to have a fake online profile



04 Money

They ask you for money citing an emotional reason



05 Secrets

They ask you to keep your relationship secret or try to isolate you from your friends or family



06 Gut Feeling

It just doesn't feel right



How can I keep myself safe?

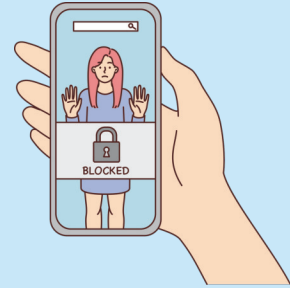
01 Public Places

Meet in a public place and tell someone



02 Privacy

Keep your details private



03 Stay Safe

Don't send money to someone you've never met in person








04 Check Online

Check them out online or get someone else to



What can I do if I think I have been a victim?

-  **Report and block**, if you think you have been a victim of Romance Fraud block the person on all your devices. If you met on a website you can also report the person.
-  **Report it to Action Fraud**, either by [visiting their website](#) or calling 0300 123 2040
-  **Report to Crime Stoppers** anonymously, by calling 0800 555 111 or using their Online Reporting Tool: [crimestoppers-uk.org/give-information/forms/pre-form](https://www.crimestoppers-uk.org/give-information/forms/pre-form)
-  **Womens Aid** helpline@womensaid.org.uk
-  **Contact Victim Support**, if you need support, either by calling 0808 168 9111 or via their website: www.victimsupport.org.uk



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