



Grandma AI

Where the font is large and the language is plain



One Practice (A new skill to build)

Practice the "Delete and Check" habit this week. If you get a worrisome text about your package or bank, DO NOT click the link. Instead, open the official app or type the trusted website address (like USPS.com or your bank's actual URL) directly into your browser to see if there is a real alert.

In fact, never click on a link offered in any text, email or Facebook post. Always go directly to the website by typing the name into your browser. Also, always check the link before you select it. Often, the first few links in a search are advertisements and they do not always clearly post that fact.

Banks and other organizations may send legitimate notifications, but you should verify through the official website or app - not the link.

ONE THING

I received a text indicating a problem

Have you ever received a text message that looks like it's from your bank, the post office, or a delivery service saying you owe a small fee or need to verify your account immediately? It creates an instant panic, which is exactly what scammers want.

ONE INSIGHT

These texts are called "phishing" scams

These are called "smishing" (SMS phishing) scams. Legitimate companies will almost never text you a link demanding instant payment or personal information out of nowhere. The secret weapon is pausing before you press.

ONE TOOL

How to Protect Yourself

Use built-in phone settings to filter unknowns. On an iPhone or Android, you can turn on "Filter Unknown Senders" or use carrier-provided spam protection (like Nomorobo) to automatically flag or block suspicious numbers before they ring or ping your screen.





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What to do with those pesky emails and texts



01 SPOTTING JUNK EMAIL

Safely deleting junk email

Phishing emails look like real messages from companies you trust (like Netflix, your bank, or Amazon), but they use urgency to trick you into clicking a link or downloading a file.

1. Open your email program
2. Do not click on any links inside the message
3. Check sender's actual email address
4. Place in junk folder so it will be marked junk

02 DELETE TEXT ON IPHONE

Safely Delete on Apple (iPhone)

1. Open your Messages app and find the suspicious text.
2. Press your finger down on the message thread and hold it for a second until a menu pops up.
3. Tap Delete from the list, then confirm by tapping Delete again.
4. To block them forever: Tap the sender's phone number or name at the very top of the message screen, tap info, and select Block this Caller.

03 DELETE TEXT ON ANDROID

Safely Delete on Android Phone

1. Open your Messages app and look at the conversation list.
2. Press and hold your finger down on the scam text until a checkmark or a top menu appears.
3. Tap the Trash Can icon (Delete) at the top of the screen and confirm.
4. To block them forever: Tap the conversation, tap the three dots or the sender's profile icon at the top right, and select Block / Report spam.

