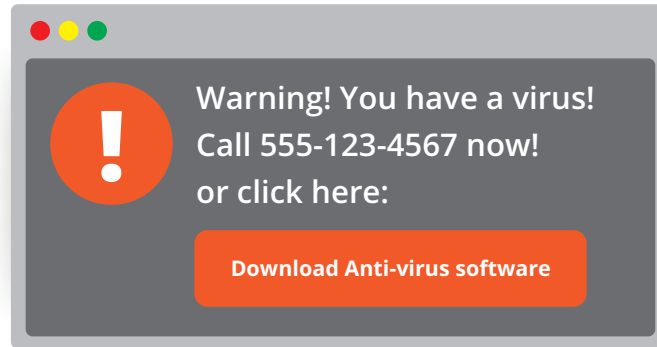




## Pop-ups: what to do?

Imagine you open a website you've never used before. This message pops up on your screen:



The **pop-up** seems urgent. It makes you feel anxious. Be careful! A pop-up might be a sign of a **scam**.



**Pop-ups** are ads or messages that open suddenly on your screen.

A **scam** is an illegal plan to trick people and steal from them.

When you see urgent pop-ups online, follow these steps to help you stay calm and spot scams.

### Pause

When we're anxious, it's hard to think clearly. Try this exercise:

1. Put one hand on your belly. Put the other hand on your chest.
2. Close your eyes.
3. Breathe in slowly through your nose for 5 seconds.
4. Breathe out through your mouth for 6 seconds, relaxing your body.
5. Keep breathing deeply to calm yourself.

## Think

When you feel less anxious, it's time to think about the pop-up. Use this checklist to help you figure out if the pop-up is a scam:

- Does the pop-up say you won something?
- Does the pop-up say you're in trouble or in danger?
- Does the offer sound too good to be true?
- Does the pop-up feel like it's trying to scare you?

Did you check one or more of the boxes above? The pop-up is probably a scam.

## Protect yourself

If you think a pop-up is a scam:

- Close the pop-up window
- Leave the website



## Try it

Now it's your turn. Look at the pop-up message below. How do you know if the pop-up is a scam?

