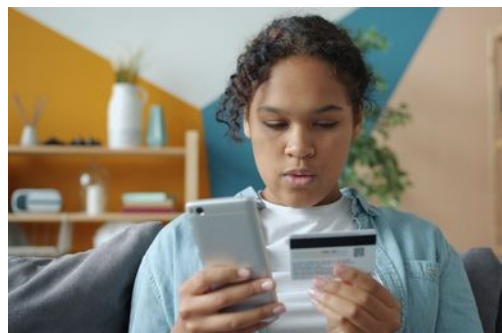


TRAINING PILL 5

Safe financial practices



Digital banking makes life easier, but someone can also use it to watch or control your money. This page helps you protect your access, sign only what you understand and spot scams. Your safety comes first.

Protect your access

- Keep your PIN, passwords and one-time codes private
- Use a phone passcode that only you know
- Check which devices are logged in to your banking app
- Make sure bank alerts go to your own phone number and email
- When it is safe, change passwords from a device only you use

Signing and pressure

- Read everything before you sign, or ask someone you trust to read it with you
- Ask for time and a copy to take home
- Never sign a loan, a guarantee or a blank form under pressure
- You can say no, or say: I need advice first

Spotting scams

- Be careful with messages that rush you or ask you to keep a secret
- A real bank does not ask for your PIN or your full password
- Do not click links in unexpected messages; contact your bank yourself
- If you lose money, tell your bank at once and keep all messages

- ☐ Only I know my PIN and passwords
- ☐ My phone has a passcode only I know
- ☐ Bank alerts come to my own phone
- ☐ I know which devices can open my account
- ☐ I never sign under pressure
- ☐ I know how to spot a scam message

Try this week: Look at the logged-in devices and contact details in your banking app. If something is wrong and you feel unsafe, talk to a support service first.

Learn more, free: fire.elnlab.eu • In an emergency, call 112.



Co-funded by
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