



TRAINING PILL 5 • 5 MIN

Safe financial practices

- Keep your banking app, PIN, passwords and codes private and safe
- Spot signs that someone else controls your money or your phone
- Never sign under pressure, and recognise common scam tricks



Your money, your access

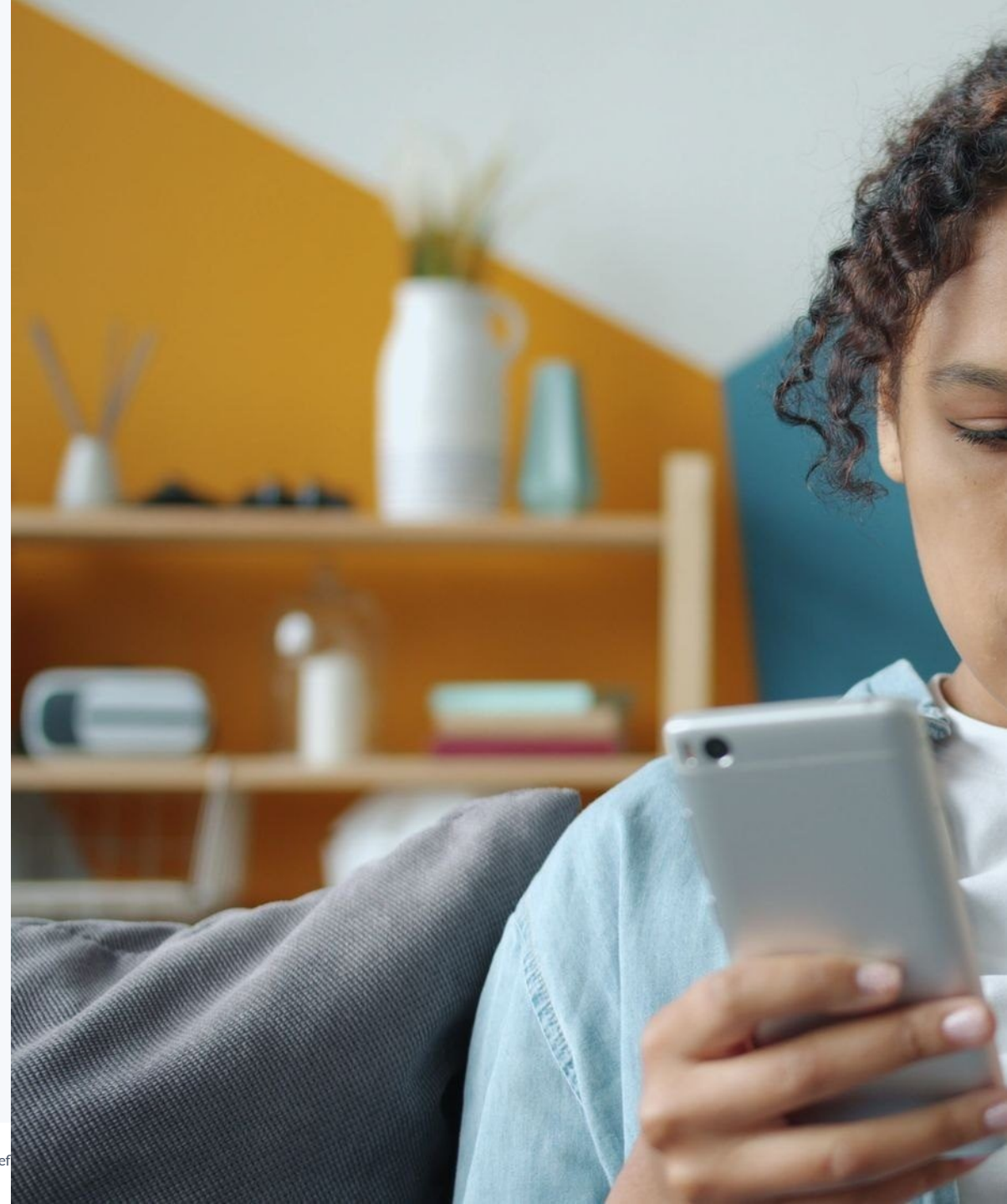
Online banking is useful. It can also be a way for someone to watch or control your money.

Training Pill 5 · Keep your money safe



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02

Private means private

Your PIN, passwords and one-time codes are yours alone.
Sharing them is never a duty.



Signs of digital control

Someone changes your passwords, reads your bank alerts or uses your banking app without asking.



04

Check your account

See which phones are logged in, check the contact details on file and read your statements.



05

Safety comes first

If changing a password could put you at risk, talk to a support service first. They help you plan.



Never sign under pressure

You can ask for time, a copy and advice. Do not sign what you do not understand.



Spot a scam

Rush, secrecy and requests for codes are warning signs. A real bank does not ask for your PIN.



Check your habits

Try the Safe money check: short everyday situations, with tips for each choice.





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.



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