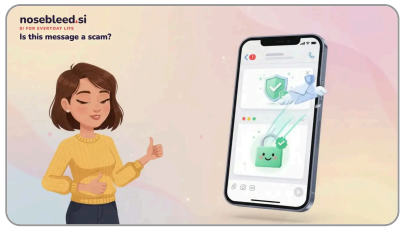
Is this message a scam?

Get a calm second opinion from AI before you click anything.



By the end, you'll be able to:

- spot the warning signs of a scam text or message
- ask AI for a second opinion, safely
- know what to do if you're unsure, or if you've already clicked

Warm-up Has a message ever made you suspicious?

Talk about it with your group: what was it, and what made you wonder?

1 Be the detective

Read these three made-up messages. Then tick the warning signs you can see in each one.

A **TEXT MESSAGE · FROM "SWIFTPARCEL"**
SwiftParcel: We couldn't deliver your parcel today. To arrange redelivery, pay the £1.45 fee within 24 hours: swft-parcel-redeliver.example.org/pay

B **WHATSAPP · FROM AN UNKNOWN NUMBER**
Hi Mum, it's me. I dropped my phone in the sink so this is my new number. Can you do me a favour? I need to pay a bill today and my banking app won't work on the new phone. I'll pay you back tomorrow x

C **TEXT MESSAGE · FROM "ELM ROAD SURGERY"**
Elm Road Surgery: A reminder of your appointment with the practice nurse on Tuesday 4 March at 10.20am. If you can no longer come, please call the surgery.

Warning sign	A	B	C
It's unexpected			
It rushes you, or sets a deadline			
It asks for money, or bank or card details			
It has a link to click			
It's from a new or unknown number			
It has an odd web address or spelling			
It plays on your feelings			

Part 1, continued: which messages would you treat as a scam? _____

2 Ask AI for a second opinion

If you have a phone, tablet or computer, open an AI chat app, start a new chat, and type this prompt. Choose message A or B, and type its words after the prompt.

TRY THIS PROMPT

I've received this text message, which says it's from a parcel delivery company. I haven't clicked anything. Does it have the warning signs of a scam? Please explain the signs in plain English, and tell me a safe way to check whether it's genuine.

Write down two warning signs that AI pointed out:

Did it spot anything you missed?

> **No device?** Work with a partner. One of you reads a message aloud; the other plays "the AI" and explains the warning signs.

3 The golden rules

Fill in the gaps, using the words in the box.

bank · click · promise · safe account · scam · 159

1. Don't _____ links in a message you're unsure about.
2. Your bank will never ask you to move money to a "_____".
3. If in doubt, treat it as a _____.
4. If you've already paid or shared details, call your _____ straight away, on the number on your card.
5. In the UK, you can call _____ to reach most banks.
6. AI can help you spot a scam, but it can't _____ that a message is safe.

4 What would you do?

You've just clicked the link in message A, and typed in your card details. What should you do first? And who else could you tell?

5 Check it the safe way

Message C might be genuine. If you weren't sure, how could you check, without using anything in the message itself?

> **Remember:** scammers are professionals, and anyone can be fooled. A genuine company won't mind you checking.

Find out more: watch the 10-second video and read the full step-by-step guide, free, at
nosebleed.si/ideas/is-this-message-a-scam

Teacher notes: Is this message a scam?

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself in the app your group will use. Answers vary, but should name similar warning signs. All three messages are made up (example.org can never be a real site).

Running order

5 min	**Warm-up.** Share experiences. Keep it light and blame-free: scams are designed by professionals, and anyone can be caught out.
15 min	**Part 1.** Pairs read the messages and tick the grid. Go through the answers together.
15 min	**Part 2.** With devices: learners try the prompt on message A or B. Without: the role-play. Compare what AI found with the grid.
10 min	**Parts 3 to 5.** The golden rules, then the "what would you do?" questions, discussed as a group.
5 min	**Wrap-up.** Each learner says one thing they'll do differently. Point them to the QR code for the video and full guide.

Answers: Part 1

A: treat as a scam. Unexpected, a 24-hour deadline, asks for money, a link, an odd web address. Real delivery firms do send texts, so check through the firm's own app or website, typed in yourself.

B: treat as a scam. The "Hi Mum" scam: an unknown number, plays on feelings, rushes you ("today"), asks for money. Check by phoning your son or daughter on the number you already have.

C: no obvious warning signs. No link, asks for nothing, and tells you to call the surgery. Some learners may tick "unexpected": a good discussion point. If unsure, call the surgery on a number you already have.

Answers: Parts 3 to 5

Part 3: 1 click · 2 safe account · 3 scam · 4 bank · 5 159 · 6 promise.

Part 4: call the bank straight away, using the number on the back of the card (in the UK, 159). Then report it, and tell someone you trust. No need to feel embarrassed.

Part 5: phone the surgery on a number you already have, such as from an old letter, their website (typed in yourself) or the phone book. Never a number in the message.

Reporting (UK)

Forward scam texts to 7726 (free). Forward scam emails to report@phishing.gov.uk. Elsewhere: your mobile network or national fraud service.

Safety notes

- Learners shouldn't paste in real messages that show their name, address or account numbers. A screenshot, with those covered, is fine.
- Never click a link in a real scam message to "test" it.
- AI can be wrong both ways: it may miss a scam, or worry about a genuine message. It's a second opinion, not a guarantee.

Adapting it

Large print: enlarge to A3. **Extension:** learners write a made-up scam and swap with a partner, or ask AI: "How would the real company contact me?"

© FirstM Ltd 2026