

Online relationship health check

Many people find friendships or love online. But it's important to be on the lookout for any unhealthy signs in your relationship. If you've met someone online, this quiz can be a helpful tool to highlight any warning signs you should be alert to.

You can complete it on your own or with a trusted friend or family member, and you won't need to provide any personal information.

This health check uses the term "online partner," although you can use these questions to reflect on any kind of friendship, relationship, or connection with someone you've met online.

Please answer **Yes** or **No** to the following questions.

1	Is your online partner employed in any of the following roles?	Yes	No
	<ul style="list-style-type: none"> ■ Member of the armed forces ■ Health practitioner such as doctor, nurse etc ■ Humanitarian worker (employed by the UN, MSF, etc) ■ Ship's captain ■ Law enforcement officer ■ Oil rig worker or other fly-in-fly-out (FIFO) position ■ Financial or investment advisor ■ Pilot ■ Film or television actor, singer, or musician ■ Self-employed or businessperson ■ Engineer ■ Entertainment business, such as band manager or celebrity agent 		
2	Does your online partner live or work in a different country or in a remote location?	Yes	No
3	Has your online partner suggested that you communicate on an encrypted messaging platform like WhatsApp, Telegram, or Signal?	Yes	No
4	Have you ever received more than 10 messages from your online partner in a 24-hour period?	Yes	No
5	Does your online partner encourage you to talk to others (such as friends and family) about your relationship?	Yes	No
6	Has your online partner ever asked you for money (including cryptocurrency or gift cards) for emergencies like medical bills, plane tickets, business debt, or a workplace or family crisis?	Yes	No
7	Have you made any financial decisions with guidance from your online partner? (This might include decisions on managing expenses, banking, loans, investing, etc)	Yes	No
8	Has your online partner ever asked you to access their bank account for them?	Yes	No
9	When explaining financial transactions to friends, family, or your bank, have you ever used explanations given to you by your online partner?	Yes	No
10	Does your online partner need to use a fake identity or secret online accounts to communicate with you, keep safe, or maintain anonymity?	Yes	No

Please respond to each of the following statements by selecting True or False.

11	I have met my online partner in person.	True	False
12	I feel comfortable saying 'no' if my online partner asks for money, gifts, or personal information.	True	False
13	My online partner has suggested ways of investing my money.	True	False
14	I have sent money (funds, cryptocurrency or gift cards) to my online partner because of a difficult situation that they were in.	True	False
15	My online partner has asked that I send money quickly or respond to an urgent need.	True	False
16	My online partner has asked me to send or receive mail or packages, or pay invoices on their behalf.	True	False
17	I do not need to send money in order for us to have a bright future together.	True	False
18	A friend, family member, or trusted person, such as a bank or GP, has expressed concern about my online relationship.	True	False
19	I don't feel as close to my friends and family since the online relationship began.	True	False
20	My online partner seems disappointed or angry if I talk about our relationship with my family and friends.	True	False

Count the number of times you selected a response in bold and write the score in the box below.

Your safety score _____ / 20

Please see your relationship health check result and further information below.

The questions and statements in this tool are based on the techniques and scenarios used by sophisticated criminal networks to deceive and steal from thousands of Australians every year. Regardless of your final score, any similarities to your own situation are a reason for caution and to seek out more information.

Your score	Health check result	Explanation
0 – 4	Undetermined	<ul style="list-style-type: none"> Your responses have not provided enough information to make a determination, but that doesn't mean there's no risk. It's still important to stay alert and to watch out for the warning signs of an unhealthy relationship. Don't send money to someone you've only met online. If something feels off, speak with a trusted friend or family member. You can take the health check again if you feel you could have responded differently.
5 – 7	Caution	<ul style="list-style-type: none"> Your answers about your relationship show several tactics used by scammers. We recommend you talk to someone you trust about your relationship and your answers to these questions. Ask for their advice and help to verify the identity of your online partner. Stay vigilant and protect your money and personal information. Your online partner may not be who they claim to be and may be trying to steal money from you. Money that you have sent is likely being used by organised criminal networks. Take a look at www.scamwatch.gov.au/what-to-do for more advice.

8 – 20 Critical

- Your answers about your online relationship reveal many tactics used by scammers. There is a very high risk that your online partner is a scammer and that any money they have stolen from you may be going to organised criminal networks.
 - If you've sent money to them, contact your bank immediately.
 - End all contact with this person. Speak to someone you trust or get in contact with the support services listed at the link below. Being scammed can have a huge emotional and financial impact. Remember, if you have been scammed you are the victim of a serious crime. Scammers are experts in manipulation and deception.
 - Refer to www.scamwatch.gov.au/what-to-do for further advice.
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Find more information here: www.scamwatch.gov.au/what-to-do.



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ScamWatch
Stop. Better safe than scammed.