5-minute phone privacy check-up

Some quick settings to protect your privacy on your phone.

01 Limit location sharing

Choose “While using the app” or “Never” instead of “Always”.

iPhone Settings → Privacy & Security → Location Services

Android Settings → Location → App location permissions

02 Check which apps can use your microphone

Turn off microphone access for any app that doesn’t need to hear you.

iPhone Settings → Privacy & Security → Microphone

Android Settings → Privacy → Permission manager → Microphone

03 Check which apps can see all your photos

Most apps only need a few photos, not your whole library. Choose limited access or none.

iPhone Settings → Privacy & Security → Photos

Android Settings → Privacy → Permission manager → Photos and videos

04 Turn off ad tracking

Stop apps from following what you do across other apps and websites to target ads at you.

iPhone Settings → Privacy & Security → Tracking → turn off “Allow Apps to Request to Track”

Android Settings → Google → Ads → Delete advertising ID

05 Add two-factor login to your main account

A second lock: even with your password, someone still needs a code from your phone.

Apple Settings → your name → Sign-In & Security

Google Google Account → Security → 2-Step Verification

> **TIP** Can’t find a setting? Menus differ between phones. Tap the search bar at the top of Settings and type its name.