

SETTINGS TO CHANGE TONIGHT

IPHONE: 5 SETTINGS, 5 MINUTES.

1. **AUTO-UPDATES ON.** Settings > General > Software Update > Automatic Updates.
2. **KILL LOCK-SCREEN REPLIES.** Settings > Face ID & Passcode > turn off "Reply with Message" when locked. A locked phone shouldn't talk to strangers.
3. **FILTER UNKNOWN SENDERS.** Settings > Messages > Filter Unknown Senders. Scam texts land in a side room, not your face.
4. **CHECK APP TRACKING.** Settings > Privacy & Security > Tracking > "Allow Apps to Request to Track" OFF.
5. **SAFETY CHECK EXISTS.** Settings > Privacy & Security > Safety Check. If a relationship ever goes bad, this one screen revokes everything a person can see. Know it's there.

ANDROID: 5 SETTINGS, 5 MINUTES.

(Menus vary by phone brand; search the Settings app for the bold term.)

1. **AUTO-UPDATES ON.** Play Store > profile icon > Settings > Network preferences > **Auto-update apps**, plus system updates in Settings.
2. **SPAM PROTECTION ON.** Messages app > Settings > **Spam protection**.
3. **CALLER ID & SPAM FILTER ON.** Phone app > Settings > **Caller ID & spam**.
4. **GOOGLE SECURITY CHECKUP.** Search "**Security Checkup**" or visit myaccount.google.com/security-checkup. Fix everything yellow.
5. **LOCK SCREEN NOTIFICATIONS** set to **sensitive content hidden**. Settings > **Notifications on lock screen**.

Do these tonight. Tomorrow you're a different phone.

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