

5 IPHONE SETTINGS TO CHANGE TONIGHT

FIVE SETTINGS. FIVE MINUTES. MORE CONTROL BEFORE BED.

CURRENT FOR IOS 26. OLDER VERSIONS MAY USE DIFFERENT LABELS.

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AUTO-UPDATES ON

Install iOS and system-file security fixes automatically. Keep Automatically Install and System Files enabled.

PATH SETTINGS > GENERAL > SOFTWARE UPDATE > AUTOMATIC UPDATES
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DISABLE LOCK-SCREEN REPLIES

A locked phone should not let anyone answer your messages. Turn off Reply with Message; Face ID or Touch ID is then required.

PATH SETTINGS > FACE ID & PASSCODE > ALLOW ACCESS WHEN LOCKED
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SCREEN UNKNOWN SENDERS

Move messages from unfamiliar numbers into a separate filter. Review that filter before marking a sender as known.

PATH SETTINGS > APPS > MESSAGES > UNKNOWN SENDERS > SCREEN UNKNOWN SENDERS
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BLOCK TRACKING REQUESTS

Stop apps asking to track activity across other companies' apps. Review existing per-app permissions on the same screen.

PATH SETTINGS > PRIVACY & SECURITY > TRACKING > ALLOW APPS TO REQUEST TO TRACK
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SAFETY CHECK EXISTS

Review or stop sharing with people and apps; check your devices. Emergency Reset can act quickly — consider safety impacts first.

PATH SETTINGS > PRIVACY & SECURITY > SAFETY CHECK

DO THESE TONIGHT

FIVE SETTINGS.
FIVE MINUTES.
MORE CONTROL.

Know where Safety Check is before you ever need it. Tomorrow, your phone reveals less and asks less.

Educational content only. Menu names and feature availability vary by device model, iOS version, and region. Safety Check changes can affect personal safety. Review Apple guidance. Full disclaimer: [rexcalloway.com/disclaimer](https://www.rexcalloway.com/disclaimer)

5 ANDROID SETTINGS TO CHANGE TONIGHT

FIVE SETTINGS. FIVE MINUTES. A SAFER PHONE BEFORE BED.

MENUS VARY BY PHONE. SEARCH SETTINGS FOR THE BOLD TERM.

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AUTO-UPDATE APPS

Keep Play Store apps current, then check for system updates. Updates deliver security fixes as well as new features.

PATH [PLAY STORE](#) > [PROFILE](#) > [SETTINGS](#) > [NETWORK PREFERENCES](#) > [AUTO-UPDATE APPS](#)
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TEXT SPAM PROTECTION

Google Messages can flag or filter suspected scams and phishing. The option appears only when spam protection is supported.

PATH [MESSAGES](#) > [PROFILE](#) > [SETTINGS](#) > [PROTECTION & SAFETY](#) > [SPAM PROTECTION](#)
- 

CALLER ID & SPAM FILTER

See warnings for suspected spam callers before you answer. Turn on Filter spam calls too, when your Phone app offers it.

PATH [PHONE BY GOOGLE](#) > [MORE](#) > [SETTINGS](#) > [CALLER ID & SPAM](#)
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GOOGLE SECURITY CHECKUP

Review recent alerts, recovery options, devices, and sign-ins. Resolve every recommendation you do not recognize.

PATH [MYACCOUNT.GOOGLE.COM/SECURITY-CHECKUP](#)
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HIDE LOCK-SCREEN DETAILS

Stop messages, codes, and private previews appearing while locked. Hide sensitive content — or hide lock-screen notifications entirely.

PATH [SETTINGS](#) > [NOTIFICATIONS](#) > [NOTIFICATIONS ON LOCK SCREEN](#)

DO THESE TONIGHT

FIVE SETTINGS.
FIVE MINUTES.
LESS EXPOSURE.

Search your Settings app when a menu label differs.
Tomorrow, your phone is quieter and better protected.

Educational content only. Menu names and feature availability vary by device, Android version, carrier, and region.
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