Looking for help? Contact us!

You may have some specific needs and questions on this topic, and we’re always here to help reporters and news organizations around the world. If that sounds like you, contact our trainers for assistance.
freedom.press/training/request-training

A tiny handbook to modern mobile maintenance

Read more! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

What's the big deal?

If you have a smartphone, it’s likely that you store information about nearly every part of your life on it. Keeping your information safe depends on learning a little more about how to choose your small computer, and how to care for it long term.

There are a few simple things we can do to keep our devices, and our information, as safe as possible on our little computers.

1. Set a strong password

If your device is ever stolen, or seized, a predictable password (e.g., “000000”) makes it easy for someone to unlock your device without your consent. Consider strategies to make your password less predictable:

1. Numeric PINs (0-9) offer a very limited range of possible combinations. Instead, consider an alphanumeric passphrase.
2. Consider a passphrase. A randomly-generated one is hardest to guess (e.g., “gate rewind”). Visit eff.org/dice to learn how to make a truly random passphrase.

Upgrading your password is easy.

Android users: Open Settings app > Security & privacy (or “Security”) > Lock screen

iPhone users: Settings app > Passcode (or Touch/Face ID & Passcode) > Change Passcode

2. Update regularly

The things we care about always stay updated. The devices are always aiming us to focus on developing our user experience that our adversaries are always trying to find out. Give us reassurance that our devices are always safer, allowing us to trust the updates that are happening on our devices. And when we update, we should give us reassurance that our device is always safer.

Android users (may be different, depending on your version):

Settings app > Apps & notifications > System (or “System”)

iPhone users:

Security & privacy (or “Security”) > Lock screen

And every once in a while, remove those

Security & privacy > Apps & notifications > System (or “System”)

3. Protect data on your phone

If your device leaves your possession, the data can be read or copied. Fortunately it’s easy to protect the data on your device.

Federal law requires your disk is already password-protected. Your disk is already encrypted — just lock your phone.

Android users:

Open Settings app > Security & privacy > Encryption

iPhone users:

Security & privacy (or “Security”) > Encryption

4. Keep control of your apps

Whenever you install an app, it may ask for permission to access information stored on your phone, such as your contact list, or information your phone can collect through sensors, such as your location.

Android users:

Open settings on your Android device and look for the app you installed.

iPhone users:

Open settings on your iPhone and look for the app you installed.

5. Make regular backups

You don’t need any more:

Android users:

Open settings on your Android device and look for the app you installed.

iPhone users:

Open settings on your iPhone and look for the app you installed.

On your computer, search for...

On your computer open...

iPhone users:

Finder > [iPhone name] > Back up now

First, connect your phone through USB.

Android users:

Android users:

Settings app > Apps & notifications > System (or “System”)

Drag and drop your phone’s files to your preferred location on your computer.

6. Make regular backups

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.

FREEDOM OF THE PRESS FOUNDATION

Your smartphone & you

A tiny handbook to modern mobile maintenance

Read More! fpf.training/mobileguide

2023 Edition [CC BY 2.0]

Remix to your heart's desire.