Steady Tap

Phone Basics Starter Pack

Six handy settings, step by step. Menu names can differ a little by phone model. Look for the closest match.

1. Make text bigger

iPhone: Settings → Display & Brightness → Text Size. Drag the slider right.

Android: Settings → Display → Display size and text (or Font size). Drag the slider.

2. Make calls louder

Both: During a call, press the volume-up button on the side.

Ringer, iPhone: Settings → Sounds & Haptics.

Ringer, Android: Settings → Sound & vibration.

3. Call for help fast

iPhone: Press and hold the side button and a volume button until Emergency SOS appears.

Android: Press the power button 5 times quickly, if Emergency SOS is turned on (Settings → Safety & emergency).

4. Add your medical info

iPhone: Health app → your picture (top right) → Medical ID → Edit.

Android: Settings → Safety & emergency → Medical information.

Responders can see this without your passcode. Add only what you're comfortable sharing.

5. Keep your phone updated

iPhone: Settings → General → Software Update.

Android: Settings → System → Software updates (Samsung: Settings → Software update).

Charge or plug in first. Updates fix security problems.

6. Block a number

iPhone: Phone → Recents → tap ⓘ next to the number → Block Caller.

Android: Phone → Recents → tap and hold the number → Block.

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My Phone Notes

Fill this in with a family member. Keep it somewhere safe.

My phone is a: _____

My phone number: _____

My phone company and its support number:

_____

My internet company and its support number:

_____

Who set up my phone, and how to reach them:

_____

Please don’t write these down here

Your phone passcode, passwords, or codes sent by text. If you need help remembering passwords, see our free guide “Use a password manager” at steadytap.org.

Good habits

- ☐ Charge your phone every night.
- ☐ Install updates when your phone asks.
- ☐ Don’t answer calls from numbers you don’t know. Real callers leave a message.
- ☐ Never share a code that was texted to you.
- ☐ Ask for help anytime. Every expert was once a beginner.