

Guide to securing your iPhone

If technology is being used against you, use this website to secure your tech. [Learn about Tech Abuse.](#)

Note that depending on your device/updates, the steps below may vary.

Caution

Remember, depending on whether or not you are living with the person who is harming you, you may choose to take different steps. Control and coercion make some of these steps impossible or not safe. Read these cautions before taking action.

[Secure your tech](#)

Learn more about controlling tech

Step 1: Sign in with your Apple ID

On your iPhone:

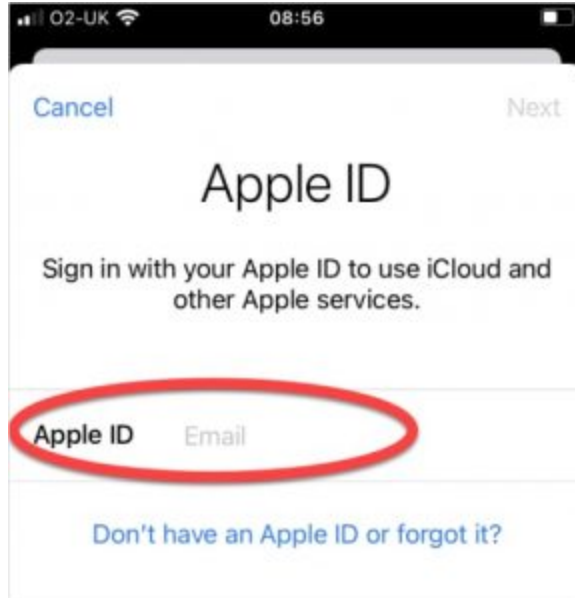
1. Open the **Settings app**.



2. Tap **Sign in to your iPhone.**



3. Enter your Apple ID and password.



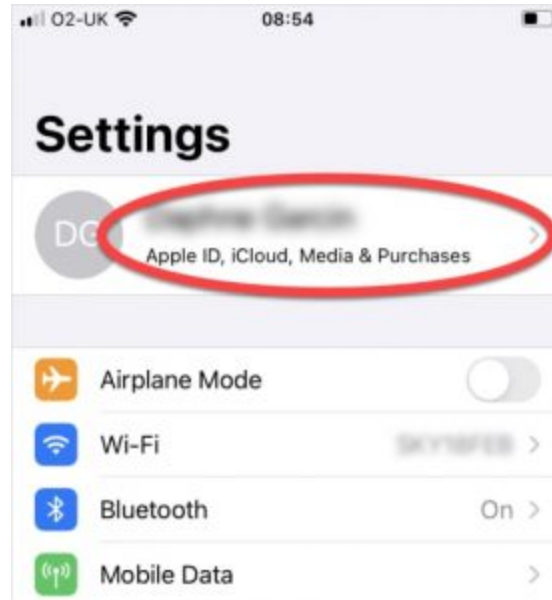
4. You may need to enter a verification code that was sent to your trusted device or phone number if two-factor authentication is set up.

NOTE: You can also log in at [AppleID.apple.com](https://appleid.apple.com) on a web browser.

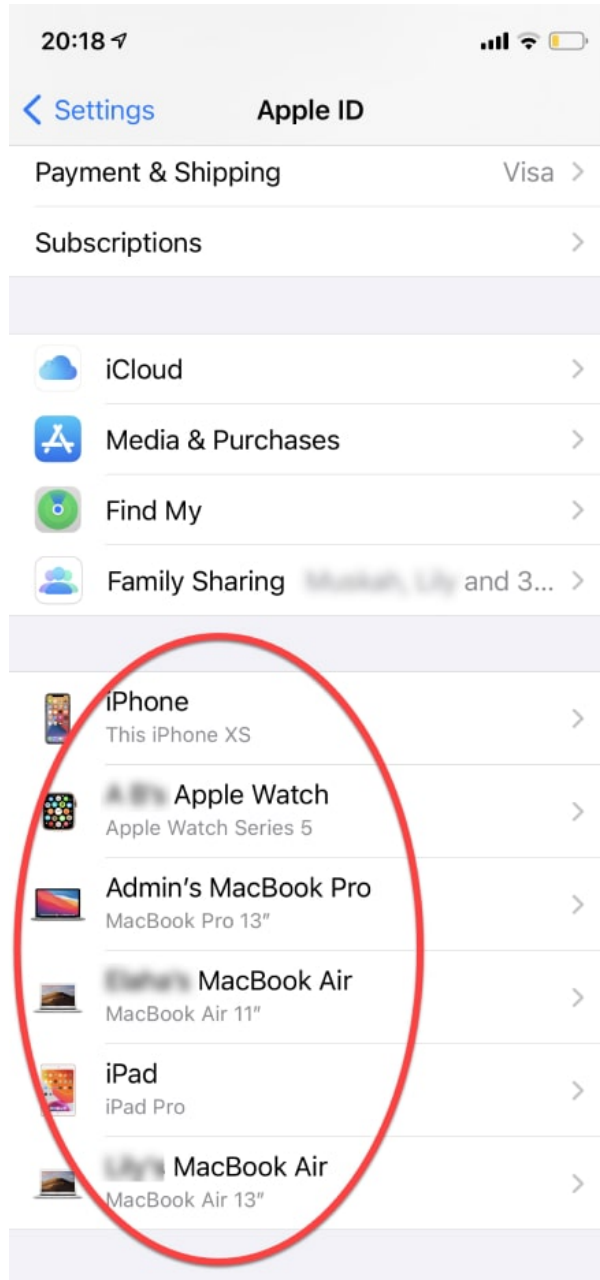
Step 2: Check sync'd devices

[Learn more about access logs.](#)

1. Go to **Settings**, then tap your name:



2. Select a device from the list.



3. Remove any unwanted or unused devices. **Caution:** If someone else is reviewing your history, it might seem suspicious if it has all been deleted. Some abusers may escalate their violence.



Step 3: Check Family Sharing

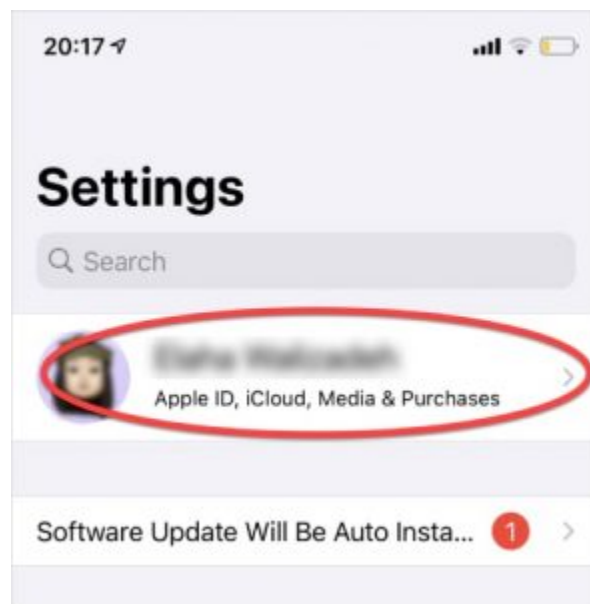
Family sharing allows other members of the family to see your location, purchases, and more.

First, go to **Settings**, tap your name, then tap **Family Sharing**.

To remove yourself from a Family Group:

1. Tap your name.
2. Tap **Stop Using Family Sharing**. **Caution:** the abuser may notice that they can no longer access your account. Some abusers may escalate their violence.

NOTE: If you have Screen Time turned on, the family organiser must remove you.





If you are the family organiser, you can remove a member:

1. Tap the name of the family member you want to remove.
2. Tap **Remove [their name] From Family**.

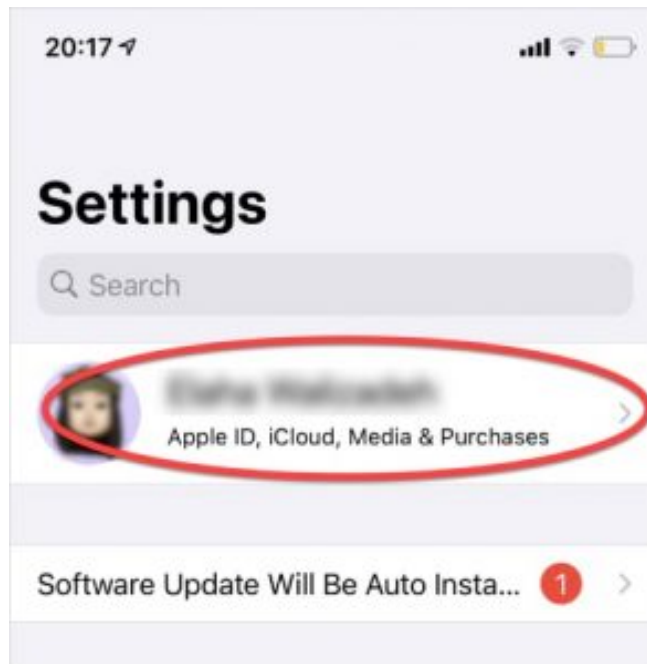
Caution: the abuser may notice that they have been removed from the account. Some abusers may escalate their violence.

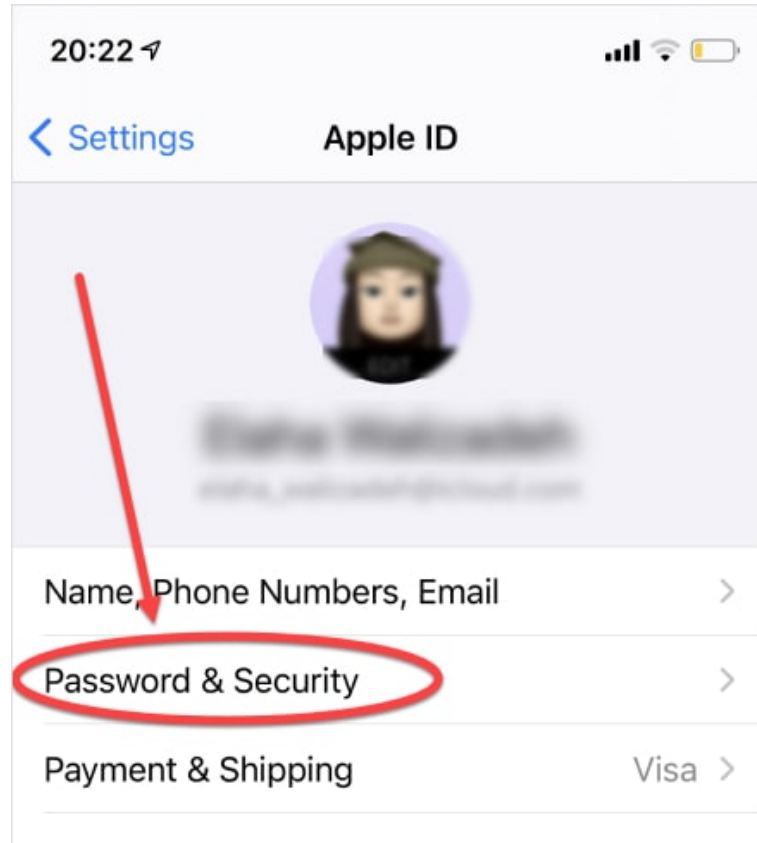
You can also disband the family group by tapping Stop Using Family.



Step 4: Change your password

1. Go to **Settings**, tap your name, then tap **Password & Security**.





2. Tap **Change Password**

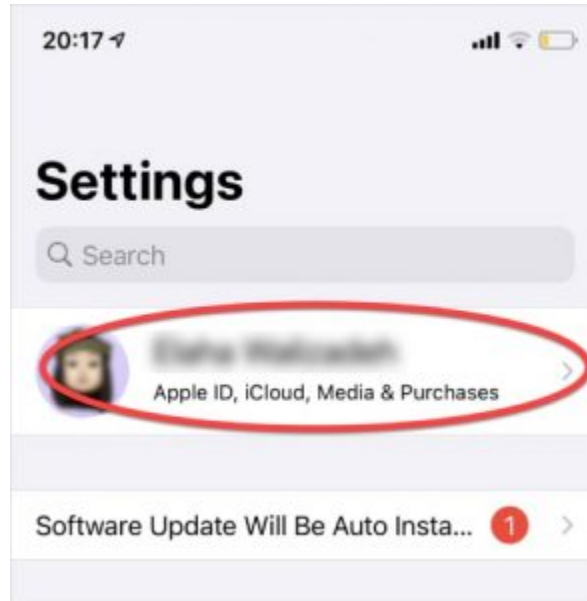
3. Set a new password. Learn more about creating [strong passwords](#).

*NOTE: Make sure not to auto-save passwords. Check **Settings** > **Password and Accounts** > **Autofill Passwords** > toggle off to grey if it is on green.*

Step 5: Set up Two-Factor Authentication

[Learn more about Two-Factor Authentication.](#)

1. Go to **Settings**, tap your name, then tap **Password & Security**.



2. Tap **Turn On Two-Factor Authentication**, then tap **Continue**.



3. Enter the phone number where you want to receive verification codes.
4. You can choose to receive the codes by text message or automated phone call. Tap **Next**.
5. Enter the verification code.

*Check your Trusted Phone Numbers, Rescue Email, and email addresses through [AppleID.apple.com](https://appleid.apple.com) on a web browser, in **Security**.*

You may want to protect your devices by setting up a passcode, FaceID, or TouchID on each device. This may not be helpful if the person forces you to share your phone.

Step 6: Location settings

1. Go to **Settings**, then **Privacy**.



2. Tap on **Location Services**.

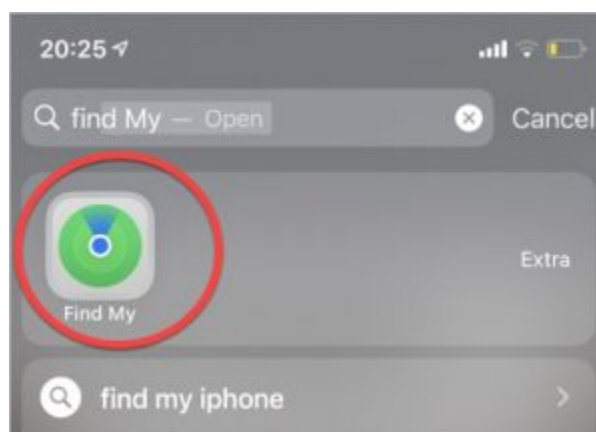


3. Turn off **Location services**. **Caution:** no notification will be sent, however the abuser may notice that they can no longer see your location. Some abusers may escalate their violence.

You can also turn off location for specific apps by tapping on that app in the list.

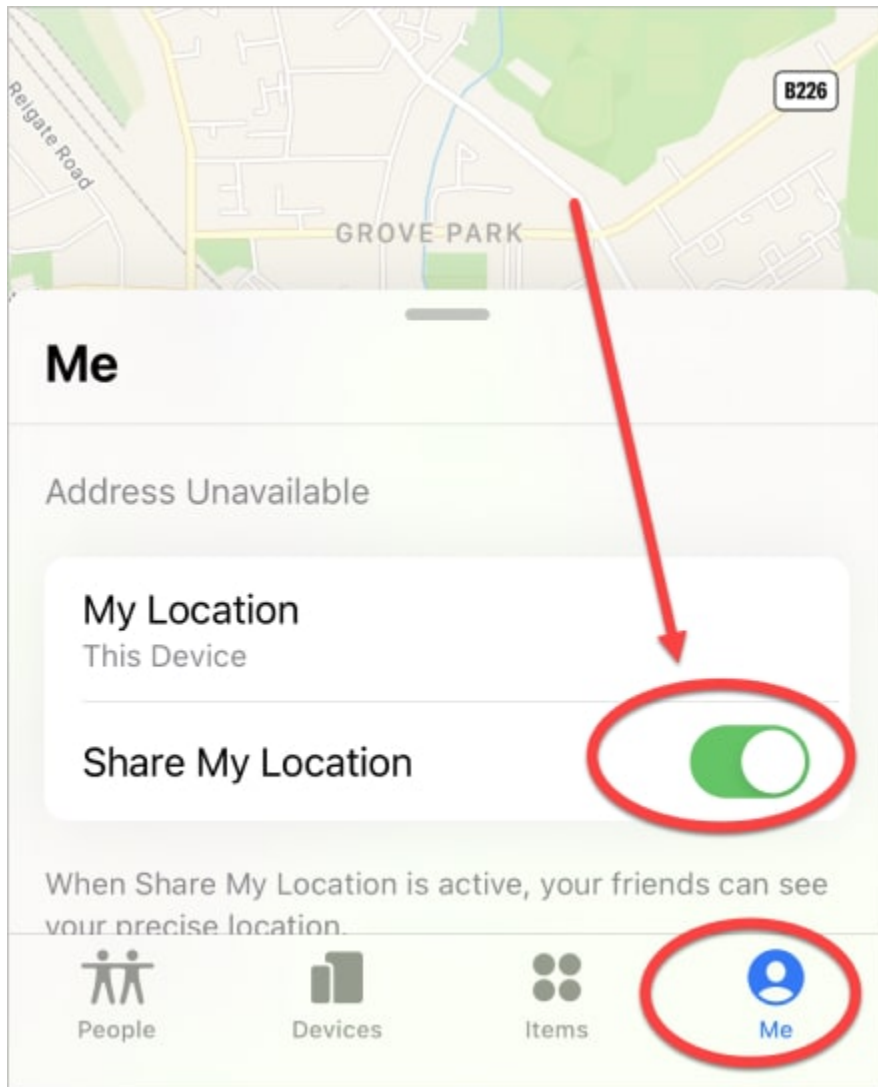
Step 7: Turn off Find My...

In the Find My app

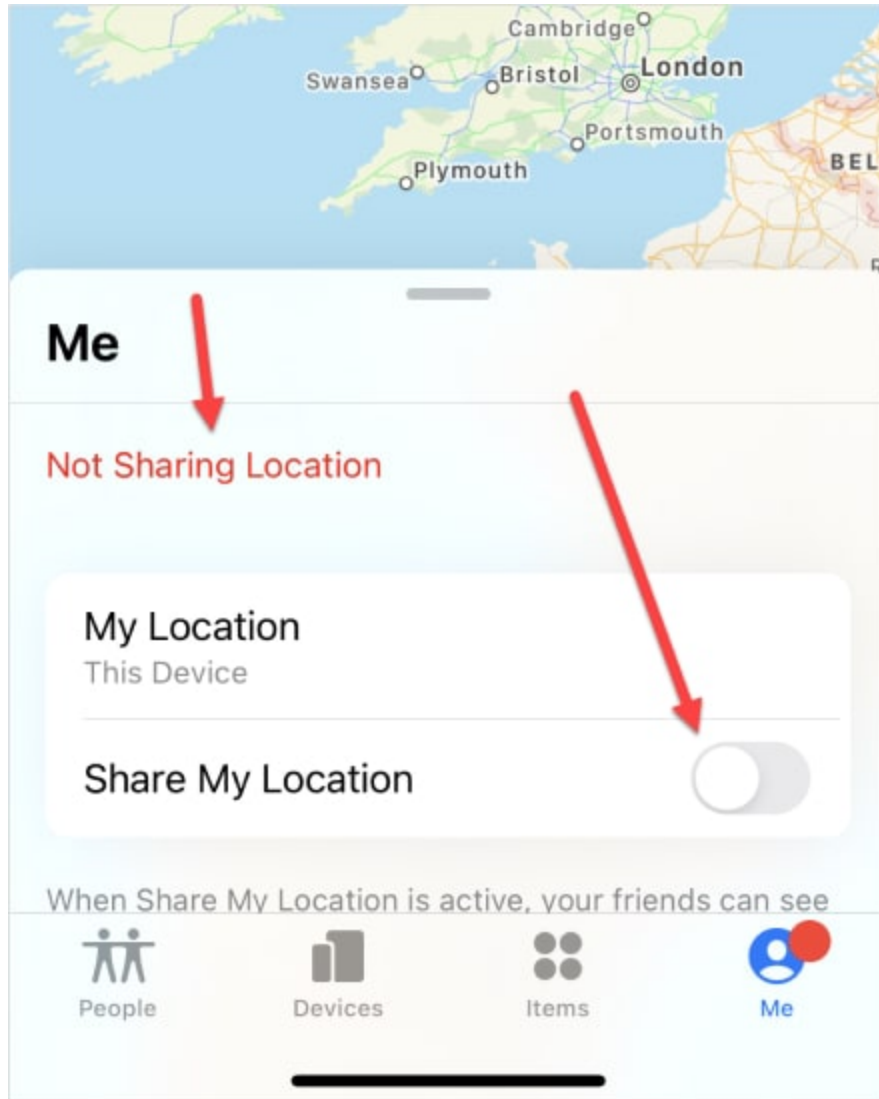


To stop sharing with everyone:

1. Select the **Me** tab.

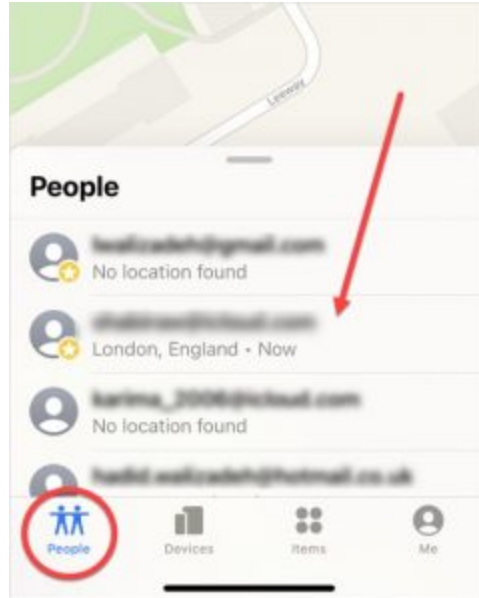


2. Turn off **Share My Location**. **Caution:** no notification will be sent, however the abuser may notice that they can no longer see your location. Some abusers may escalate their violence.



To stop sharing with specific people:

1. Select the **People** tab.



2. Choose the person you want to stop sharing your location with.
3. Scroll down and select **Stop Sharing My Location**. **Caution:** no notification will be sent, however the abuser may notice that they can no longer see your location. Some abusers may escalate their violence.

In Settings:

1. Go to **Settings**, tap your name, then tap **Find My**.

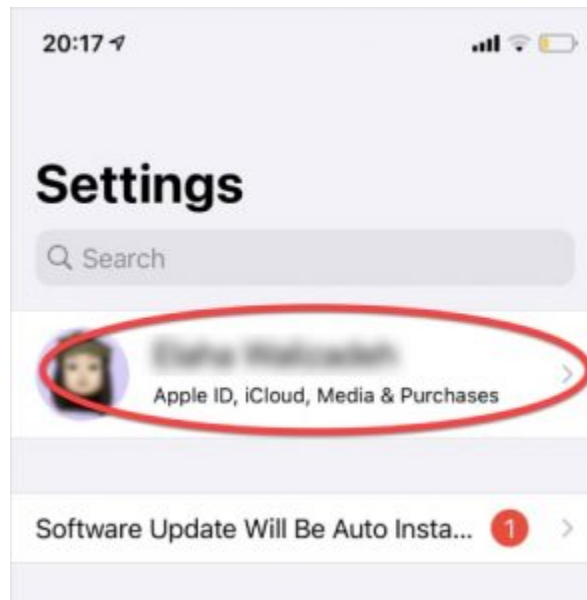


2. Turn off **Share My Location**. **Caution:** No notification will be sent, however the abuser may notice that they can no longer see your location. Some abusers may escalate their violence.



Step 8: Check apps & websites using Apple ID

1. Go to **Settings**, tap your name, then tap **Password & Security**.



2. Look for **Apps & Websites Using Apple ID**, and tap **Manage**.



3. Review apps and websites, and remove any that are unwanted or unused.



Tech safety tool

Secure your tech through our interactive tool. Click below to access videos in four languages.

[Let the Bot guide you](#)

Supporting survivors

Learn more about what you can do to support someone who is experiencing tech abuse.

[Supporting survivors](#)

Want to become more tech savvy?

Visit our Glossary to find out more about how common technology works

[Check out our Glossary](#)