

# Safe & Savvy Smartphone Habits



## Smartphone Basics

- A single device that functions as a phone, computer, camera, & more
- Internet access via Wi-Fi, 5G, 4G, or LTE
- Built-in voice assistants & accessibility features
- Download apps to do almost anything!

## Making the Most of Your Smartphone

- Make voice & video calls, send texts, share photos, & more.
- Use the camera to scan QR codes and more!
- Control smart devices with apps.
- Visit [seniorplanet.org/digital-wellness](https://seniorplanet.org/digital-wellness) to learn more!

## Security Best Practices

### Do:

- Secure your phone with a lock screen and turn on automatic updates.
- Download apps from your device's app store only.
- Create strong, unique passwords or use a password manager.
- Enable 2-factor authentication wherever possible.
- Use web searches to verify suspicious messages.
- Become familiar with official communications from your bank, utility services, etc.

### Don't:

- Reuse passwords.
- Open links or call any phone numbers in unsolicited texts & emails.
- Download attachments from unknown senders.
- Click or tap on links unless you're sure of the sender.
- Buy gift cards or wire money for someone you met online.
- Share sensitive info through messaging apps or with AI chatbots.

Scan the QR  
code to visit:  
[seniorplanet.org/  
digital-wellness](https://seniorplanet.org/digital-wellness)



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