Scam-proof a phone in 10 minutes

Tick each box. Based on US Federal Trade Commission advice.



Calls

- [ ] Turn on call blocking or call labeling (phone settings, phone company, or an app).
- [ ] Don’t trust caller ID. Hang up and call back on a number you already have.
- [ ] US: sign up free at donotcall.gov. Scammers ignore it, so keep blocking on.

Texts

- [ ] Filter texts from unknown senders. iPhone: Settings, Messages, Filter Unknown Senders.
- [ ] Don’t tap links in texts you didn’t expect.
- [ ] US: forward scam texts to 7726 (SPAM), then delete them.

Accounts

- [ ] Turn on two-step sign-in: email first, then your bank.
- [ ] Long passwords (12+ characters), different for each account.
- [ ] Keep your phone’s software up to date.

Family

- [ ] Choose a family safe word. No safe word, no money.
- [ ] Save your bank’s number from the back of your card in your contacts.

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