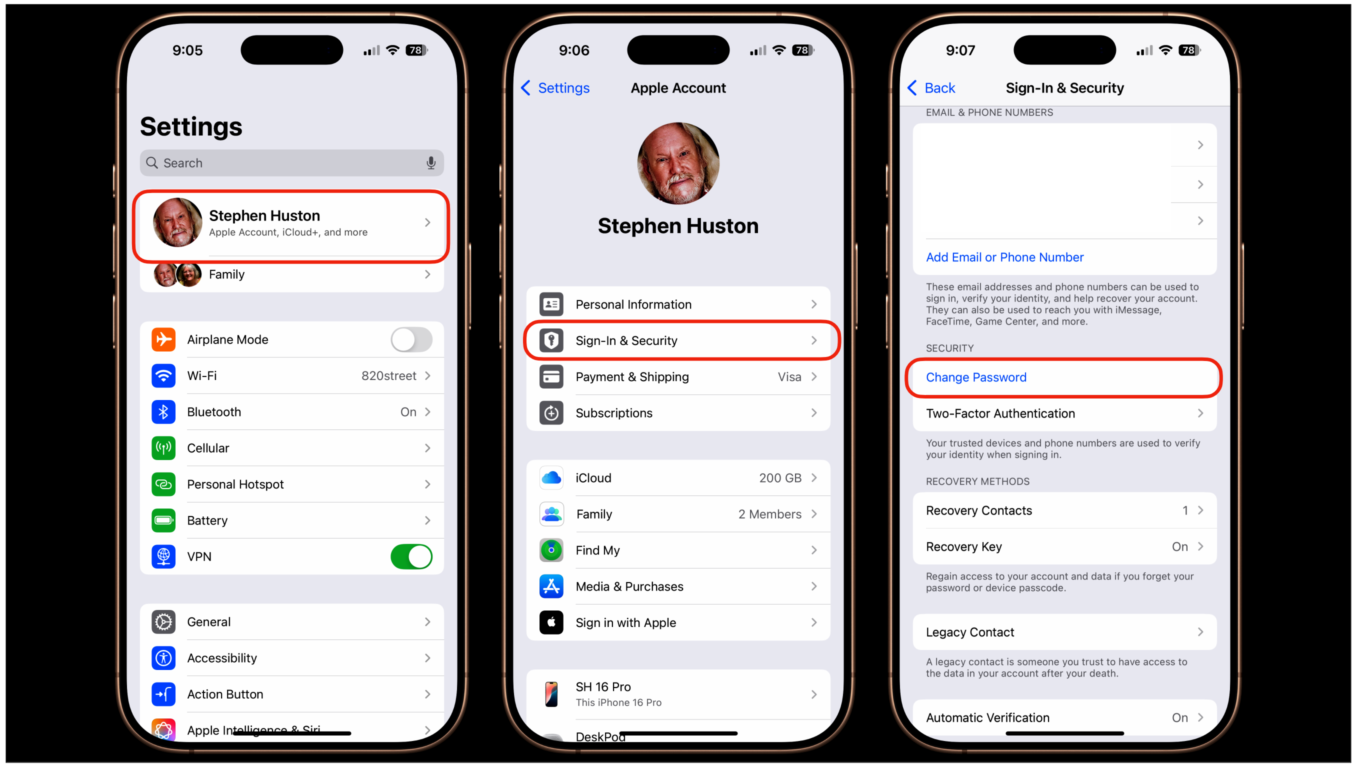
iOS 18 Privacy & Security

A Guided Tour to What’s New & Different

iPhone Without Tears ✦ February 20 2025 ✦ Stephen Huston

Software Update
Your iPhone has been updated to iOS 18.3.1

We have not done a full review of iPhone Privacy & Security Settings since iOS 18 was introduced back in September 2024.
We’ve waited long enough; Apple has pretty much quit fiddling with these settings now that they’ve added almost all the bits and bobs we were promised for version 18.



9:05

Settings

Search

Stephen Huston
Apple Account, iCloud+, and more

Family

Airplane Mode
Wi-Fi 820street
Bluetooth On
Cellular
Personal Hotspot
Battery
VPN

General
Accessibility
Action Button
Apple Intelligence & Siri

9:06

Settings Apple Account

Stephen Huston

Personal Information
Sign-In & Security
Payment & Shipping Visa
Subscriptions

iCloud 200 GB
Family 2 Members
Find My
Media & Purchases
Sign in with Apple

SH 16 Pro
This iPhone 16 Pro
DeskPod

9:07

Back Sign-In & Security

EMAIL & PHONE NUMBERS

Add Email or Phone Number

These email addresses and phone numbers can be used to sign in, verify your identity, and help recover your account. They can also be used to reach you with iMessage, FaceTime, Game Center, and more.

SECURITY

Change Password
Two-Factor Authentication

Your trusted devices and phone numbers are used to verify your identity when signing in.

RECOVERY METHODS

Recovery Contacts 1
Recovery Key On

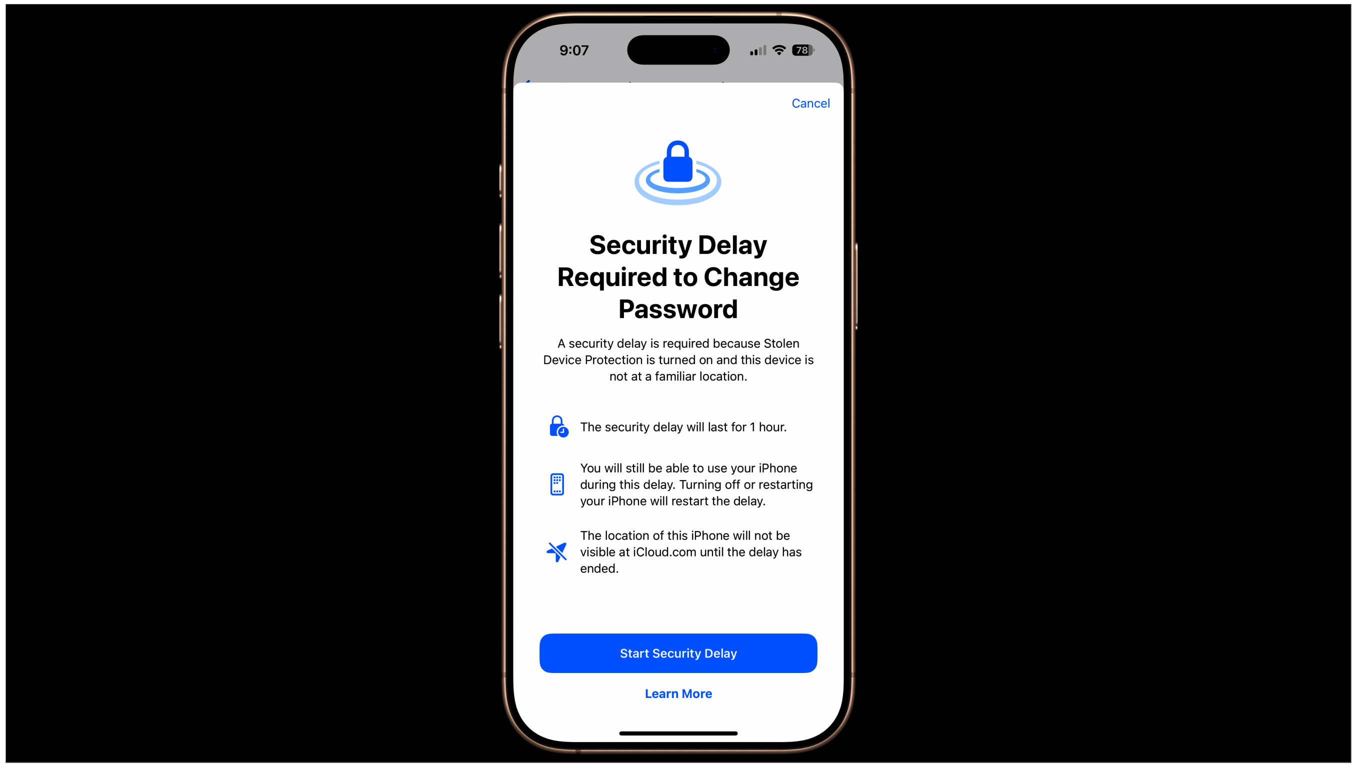
Regain access to your account and data if you forget your password or device passcode.

Legacy Contact

A legacy contact is someone you trust to have access to the data in your account after your death.

Automatic Verification On

We’ll start with Apple Account — formerly your Apple ID or iCloud Account — the topmost section of the main Settings screen.
When you click on your Name in the Apple Account area it brings up the middle screen, with Sign-in & Security in the upper panel.
Clicking that gives you various options, including the ability to change the Password on your Apple Account.
Anyone who gets this far into your settings could hijack your Apple Account from you using the options available here.

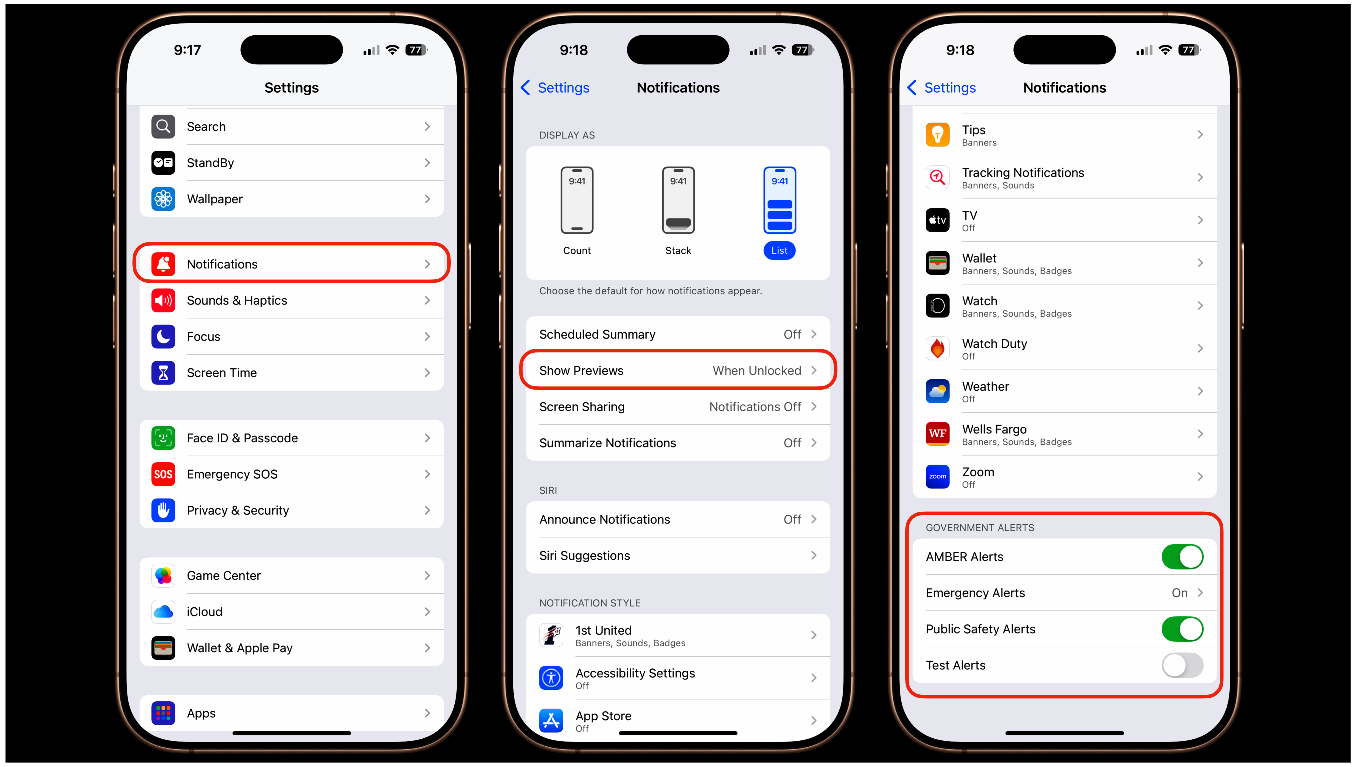


Security Delay Required to Change Password

A security delay is required because Stolen Device Protection is turned on and this device is not at a familiar location.

- The security delay will last for 1 hour.
- You will still be able to use your iPhone during this delay. Turning off or restarting your iPhone will restart the delay.
- The location of this iPhone will not be visible at iCloud.com until the delay has ended.

If you have turned on Stolen Device Protection (more later on that) nobody can change your Apple password for at least an hour, giving you that cushion of time in which to report your device stolen or lost so that others cannot use it to take over your account.



9:17

Settings

Search

StandBy

Wallpaper

Notifications

Sounds & Haptics

Focus

Screen Time

Face ID & Passcode

Emergency SOS

Privacy & Security

Game Center

iCloud

Wallet & Apple Pay

Apps

9:18

Settings Notifications

DISPLAY AS

Count Stack List

Choose the default for how notifications appear.

Scheduled Summary Off

Show Previews When Unlocked

Screen Sharing Notifications Off

Summarize Notifications Off

SIRI

Announce Notifications Off

Siri Suggestions

NOTIFICATION STYLE

1st United
Banners, Sounds, Badges

Accessibility Settings
Off

App Store
Off

9:18

Settings Notifications

Tips
Banners

Tracking Notifications
Banners, Sounds

TV
Off

Wallet
Banners, Sounds, Badges

Watch
Banners, Sounds, Badges

Watch Duty
Off

Weather
Off

Wells Fargo
Banners, Sounds, Badges

Zoom
Off

GOVERNMENT ALERTS

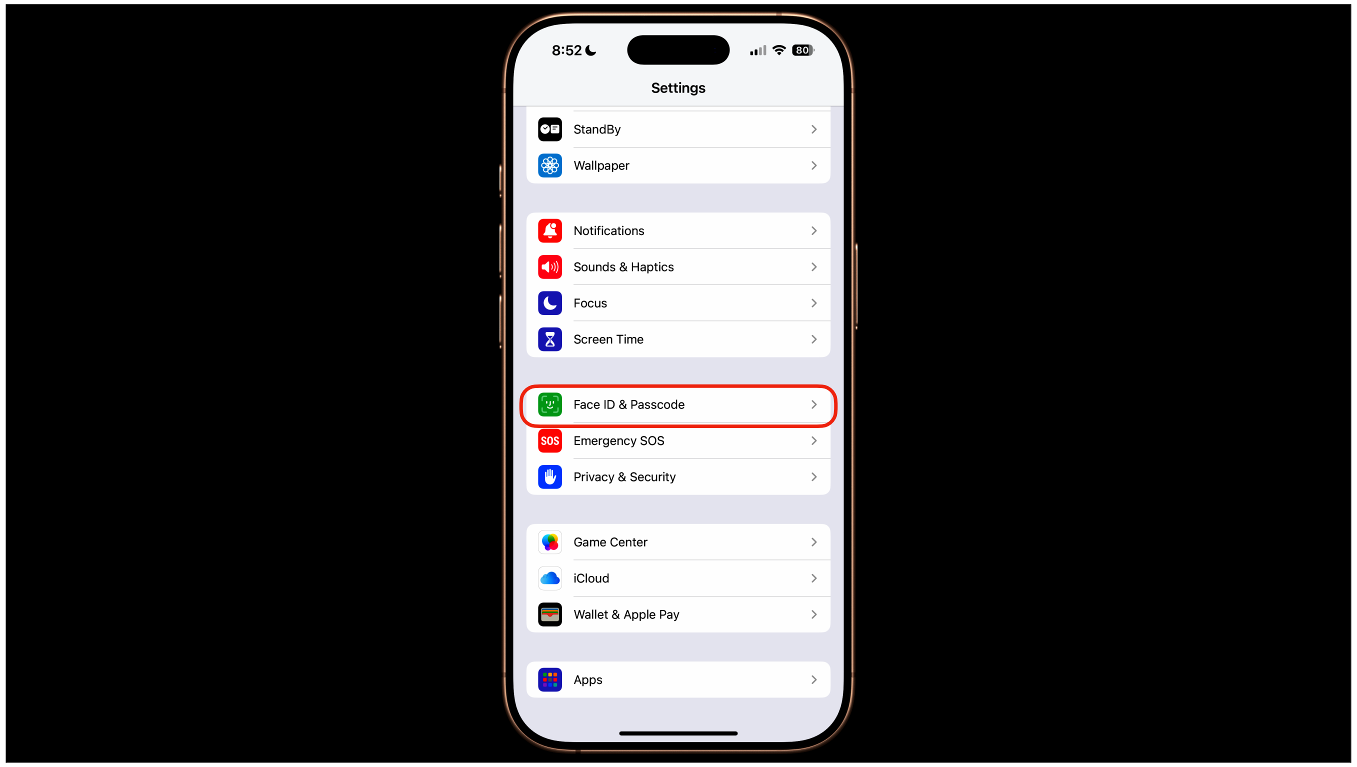
AMBER Alerts On

Emergency Alerts On

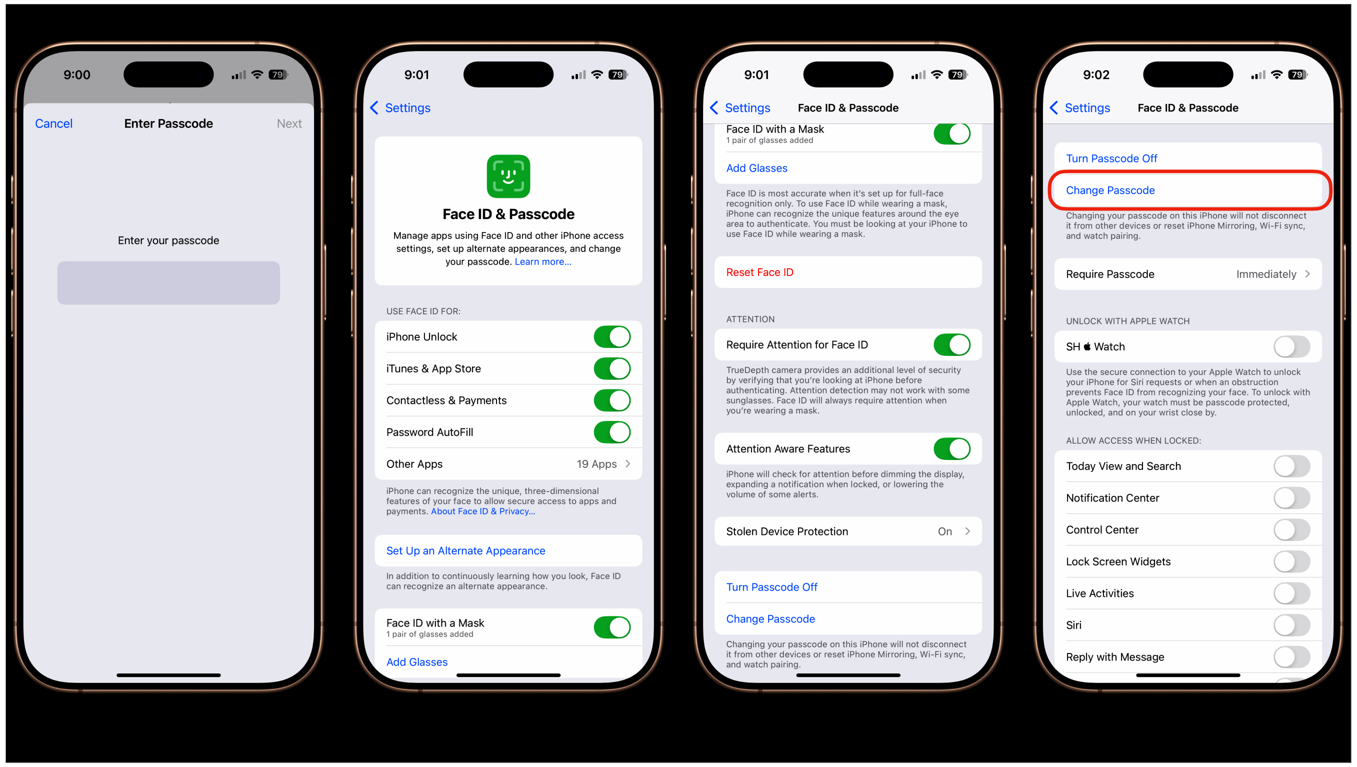
Public Safety Alerts On

Test Alerts Off

Back on the first or main Settings screen, the Notifications options deserve a look. You should seriously consider setting Previews of Notifications (center screen) to only be shown when you phone is unlocked. You don’t want random strangers to see the details of all of your notifications, including personal messages and 1-time login codes, while your phone is still locked. You should also set your Government Alerts preferences at the end of the Notifications screen so that you get the alerts you might need in case of an emergency.



The next item of concern to us today is back on the main Settings screen — Face ID (or Touch ID) & Passcode.
It’s the topmost of 3 privacy, security, and safety items in one panel.
You will need to actually enter your phone’s passcode again to get to the details behind the Face ID (or Touch ID) & Passcode Setting.



9:00

Cancel Enter Passcode Next

Enter your passcode

9:01

Settings

Face ID & Passcode

Manage apps using Face ID and other iPhone access settings, set up alternate appearances, and change your passcode. Learn more...

USE FACE ID FOR:

- iPhone Unlock ●
- iTunes & App Store ●
- Contactless & Payments ●
- Password AutoFill ●
- Other Apps 19 Apps >

iPhone can recognize the unique, three-dimensional features of your face to allow secure access to apps and payments. About Face ID & Privacy...

Set Up an Alternate Appearance

In addition to continuously learning how you look, Face ID can recognize an alternate appearance.

Face ID with a Mask ●
1 pair of glasses added

Add Glasses

9:01

Settings Face ID & Passcode

Face ID with a Mask ●
1 pair of glasses added

Add Glasses

Face ID is most accurate when it's set up for full-face recognition only. To use Face ID while wearing a mask, iPhone can recognize the unique features around the eye area to authenticate. You must be looking at your iPhone to use Face ID while wearing a mask.

Reset Face ID

ATTENTION

Require Attention for Face ID ●

TrueDepth camera provides an additional level of security by verifying that you're looking at iPhone before authenticating. Attention detection may not work with some sunglasses. Face ID will always require attention when you're wearing a mask.

Attention Aware Features ●

iPhone will check for attention before dimming the display, expanding a notification when locked, or lowering the volume of some alerts.

Stolen Device Protection On >

Turn Passcode Off

Change Passcode

Changing your passcode on this iPhone will not disconnect it from other devices or reset iPhone Mirroring, Wi-Fi sync, and watch pairing.

9:02

Settings Face ID & Passcode

Turn Passcode Off

Change Passcode

Changing your passcode on this iPhone will not disconnect it from other devices or reset iPhone Mirroring, Wi-Fi sync, and watch pairing.

Require Passcode Immediately >

UNLOCK WITH APPLE WATCH

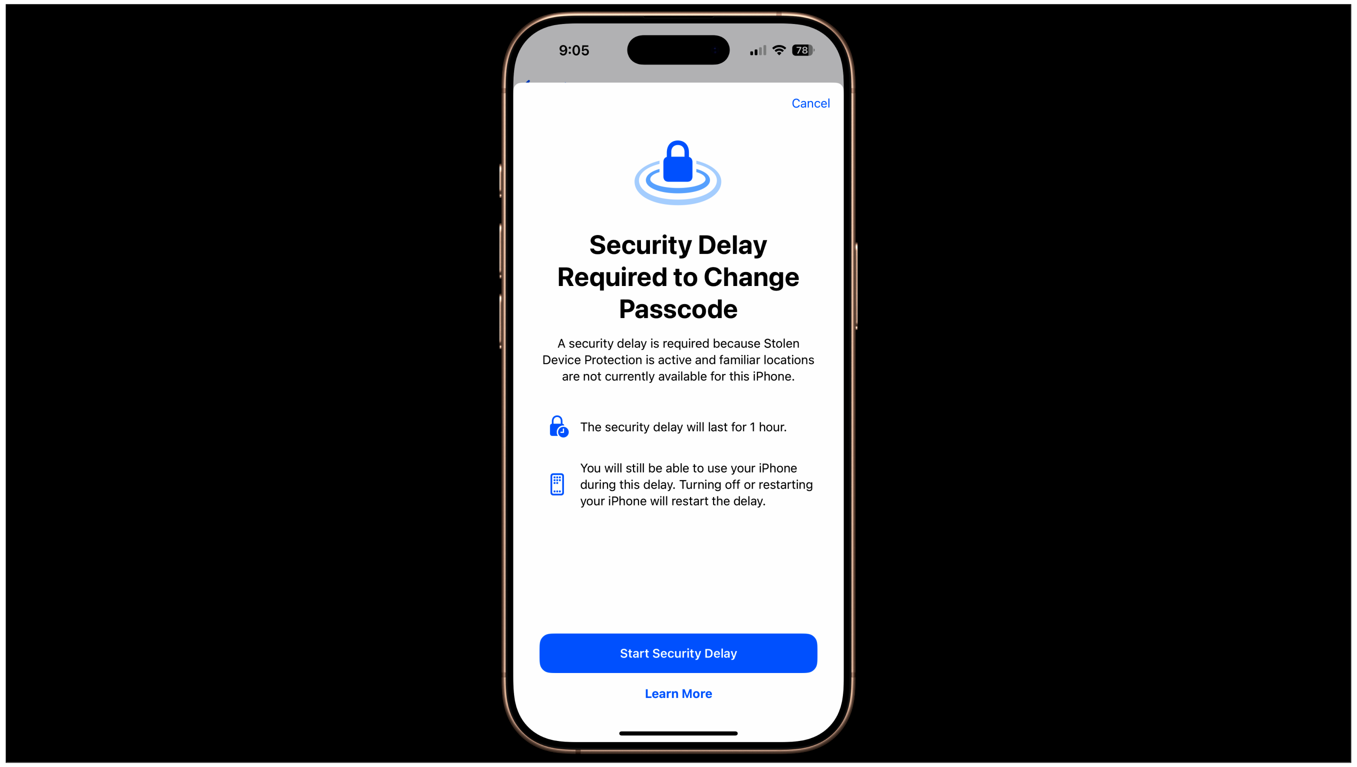
SH Watch ○

Use the secure connection to your Apple Watch to unlock your iPhone for Siri requests or when an obstruction prevents Face ID from recognizing your face. To unlock with Apple Watch, your watch must be passcode protected, unlocked, and on your wrist close by.

ALLOW ACCESS WHEN LOCKED:

- Today View and Search ○
- Notification Center ○
- Control Center ○
- Lock Screen Widgets ○
- Live Activities ○
- Siri ○
- Reply with Message ○

First you must enter your device's passcode, then you will see multiple screens as you scroll down. Quite a ways down is the option to change your passcode. If anyone already knows your passcode and can get a minute alone with your phone, they can go here to change the device passcode so they know it and you don't, effectively locking you out of your own iPhone.



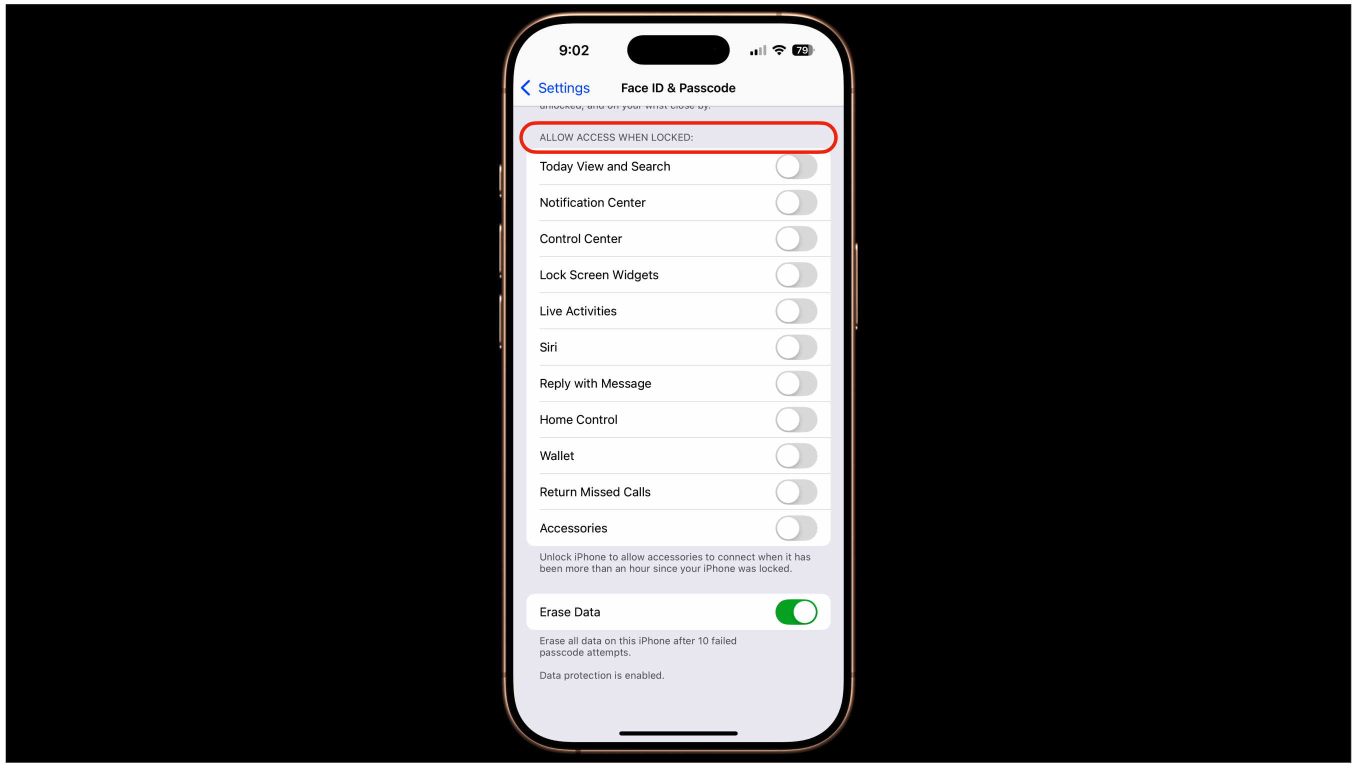
Security Delay Required to Change Passcode

A security delay is required because Stolen Device Protection is active and familiar locations are not currently available for this iPhone.

The security delay will last for 1 hour.

You will still be able to use your iPhone during this delay. Turning off or restarting your iPhone will restart the delay.

My iPhone already has Stolen Device Protection turned On, so there is a one-hour delay before changing the device passcode — stopping any bad actor from locking me out of my own phone unless they have long-term possession of it.



Face ID & Passcode

unlocked, and on your wrist close by.

ALLOW ACCESS WHEN LOCKED:

- Today View and Search ○
- Notification Center ○
- Control Center ○
- Lock Screen Widgets ○
- Live Activities ○
- Siri ○
- Reply with Message ○
- Home Control ○
- Wallet ○
- Return Missed Calls ○
- Accessories ○

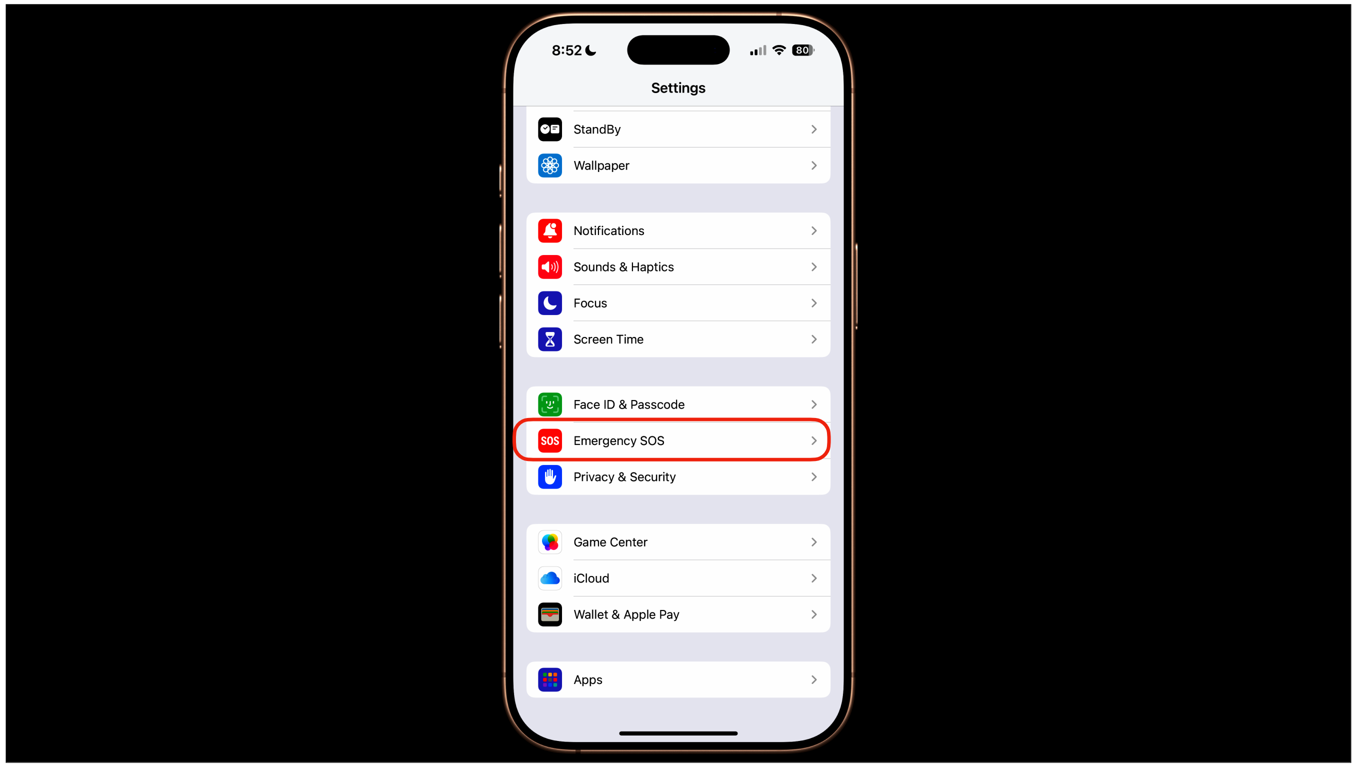
Unlock iPhone to allow accessories to connect when it has been more than an hour since your iPhone was locked.

- Erase Data ●

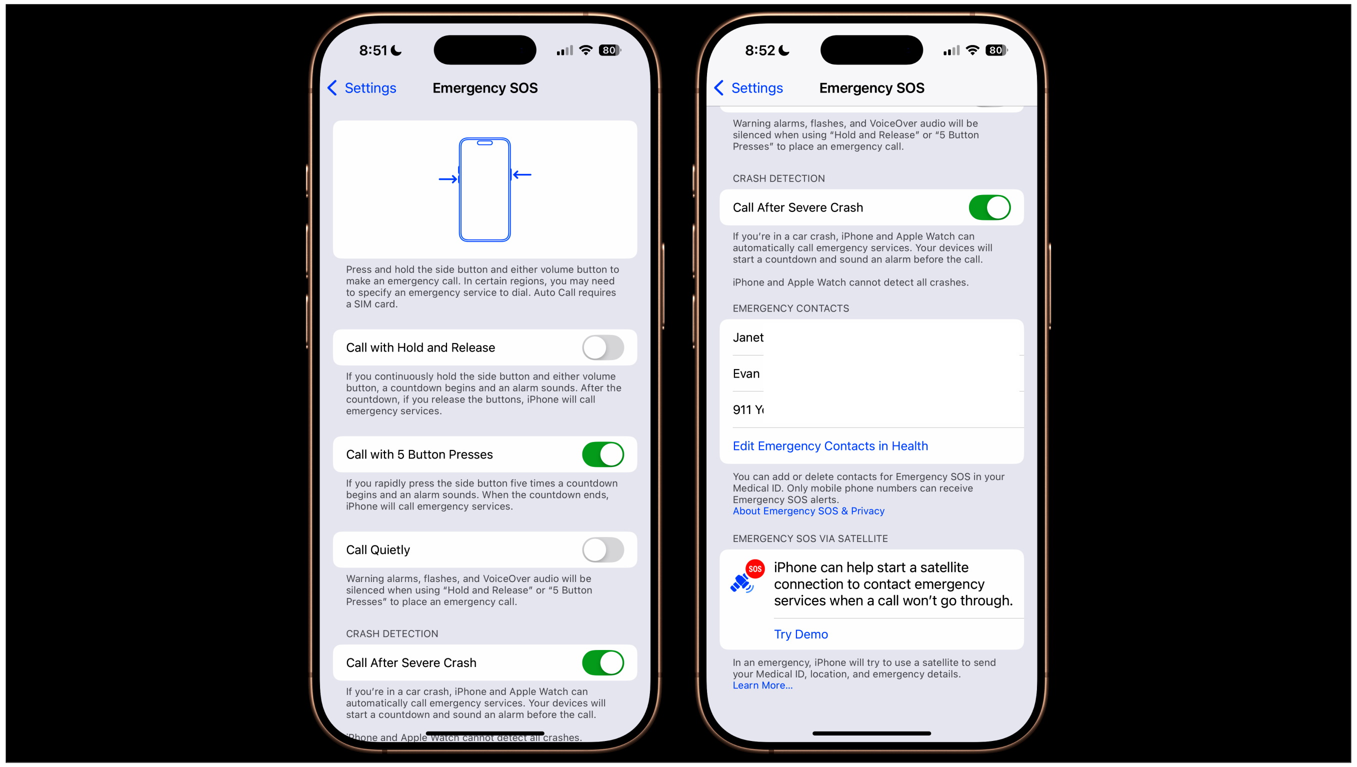
Erase all data on this iPhone after 10 failed passcode attempts.

Data protection is enabled.

Further down the Face ID & Passcode screen is an all-in-one settings group showing which controls might be available on the lock screen of a locked iPhone. Remember that you can unlock you device in under one second with either Touch ID or Face ID, so there is NO REASON to let anyone have access to these controls or information while the phone is still locked. I keep all of mine toggled Off. Be sure you have a good reason for leaving any one of these public if you turn it on.
The erase Data option is an additional protection in case you lose control of your phone. There is little risk of your phone being intentionally erased by someone entering the passcode wrong 10 times, because the delays to attempt a passcode get longer as more erroneous entries are tried.



Back on the first screen of Settings, our next feature is Emergency SOS. This is for your personal safety, not iPhone or Apple Privacy or Security. Click this for information on enabling SOS calling and becoming familiar with how to use it.



8:51

Settings Emergency SOS

Press and hold the side button and either volume button to make an emergency call. In certain regions, you may need to specify an emergency service to dial. Auto Call requires a SIM card.

Call with Hold and Release ○

If you continuously hold the side button and either volume button, a countdown begins and an alarm sounds. After the countdown, if you release the buttons, iPhone will call emergency services.

Call with 5 Button Presses ●

If you rapidly press the side button five times a countdown begins and an alarm sounds. When the countdown ends, iPhone will call emergency services.

Call Quietly ○

Warning alarms, flashes, and VoiceOver audio will be silenced when using “Hold and Release” or “5 Button Presses” to place an emergency call.

CRASH DETECTION

Call After Severe Crash ●

If you’re in a car crash, iPhone and Apple Watch can automatically call emergency services. Your devices will start a countdown and sound an alarm before the call.

iPhone and Apple Watch cannot detect all crashes.

8:52

Settings Emergency SOS

Warning alarms, flashes, and VoiceOver audio will be silenced when using “Hold and Release” or “5 Button Presses” to place an emergency call.

CRASH DETECTION

Call After Severe Crash ●

If you’re in a car crash, iPhone and Apple Watch can automatically call emergency services. Your devices will start a countdown and sound an alarm before the call.

iPhone and Apple Watch cannot detect all crashes.

EMERGENCY CONTACTS

Janet

Evan

911 Y

Edit Emergency Contacts in Health

You can add or delete contacts for Emergency SOS in your Medical ID. Only mobile phone numbers can receive Emergency SOS alerts.
About Emergency SOS & Privacy

EMERGENCY SOS VIA SATELLITE

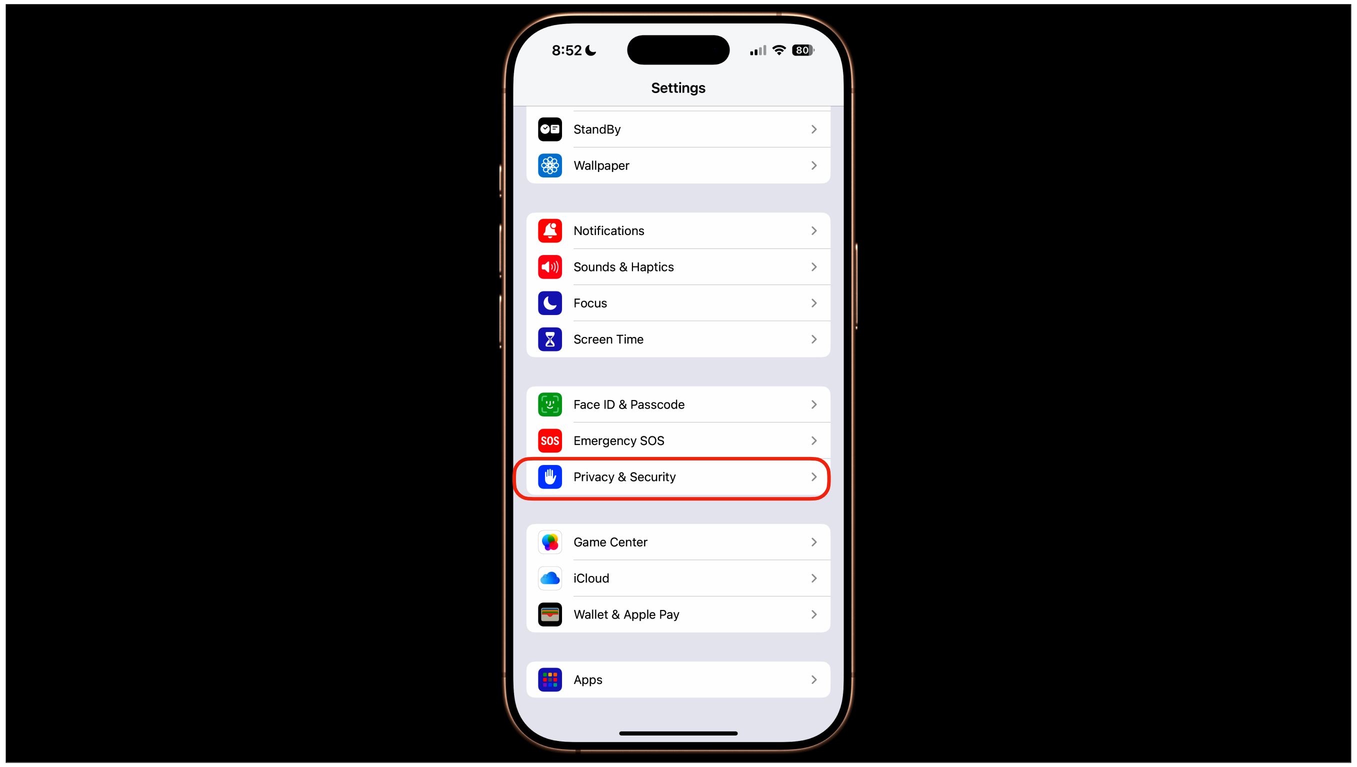
SOS iPhone can help start a satellite connection to contact emergency services when a call won’t go through.

Try Demo

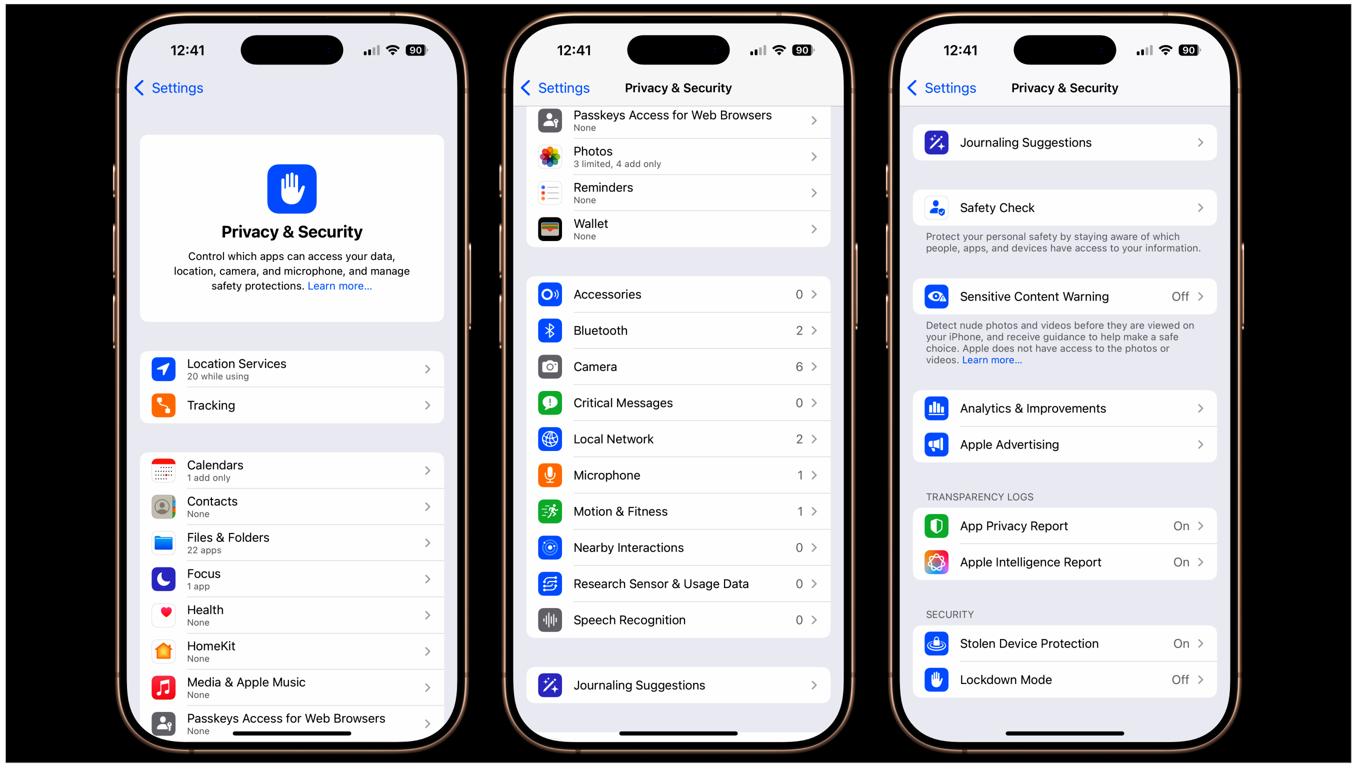
In an emergency, iPhone will try to use a satellite to send your Medical ID, location, and emergency details.
Learn More...

There are multiple ways to trigger an SOS call, all of which will notify “local” emergency services that you need help without you having to dial the call. You can also designate your own Emergency Contacts who will also get a notice that you triggered an SOS call.

This is also where you enable Crash Detection emergency calling, and you can test SOS via Satellite in case you are out of cellular or Wi-Fi range in an emergency. Learn your options.



Now we get to the traditional heart of the matter of iOS Privacy & Security, the last item on this trio of protection settings.



Privacy & Security

Control which apps can access your data, location, camera, and microphone, and manage safety protections. Learn more...

Location Services
20 while using

Tracking

Calendars
1 add only

Contacts
None

Files & Folders
22 apps

Focus
1 app

Health
None

HomeKit
None

Media & Apple Music
None

Passkeys Access for Web Browsers
None

Passkeys Access for Web Browsers
None

Photos
3 limited, 4 add only

Reminders
None

Wallet
None

Accessories	0
Bluetooth	2
Camera	6
Critical Messages	0
Local Network	2
Microphone	1
Motion & Fitness	1
Nearby Interactions	0
Research Sensor & Usage Data	0
Speech Recognition	0

Journaling Suggestions

Journaling Suggestions

Safety Check

Protect your personal safety by staying aware of which people, apps, and devices have access to your information.

Sensitive Content Warning — Off

Detect nude photos and videos before they are viewed on your iPhone, and receive guidance to help make a safe choice. Apple does not have access to the photos or videos. Learn more...

Analytics & Improvements

Apple Advertising

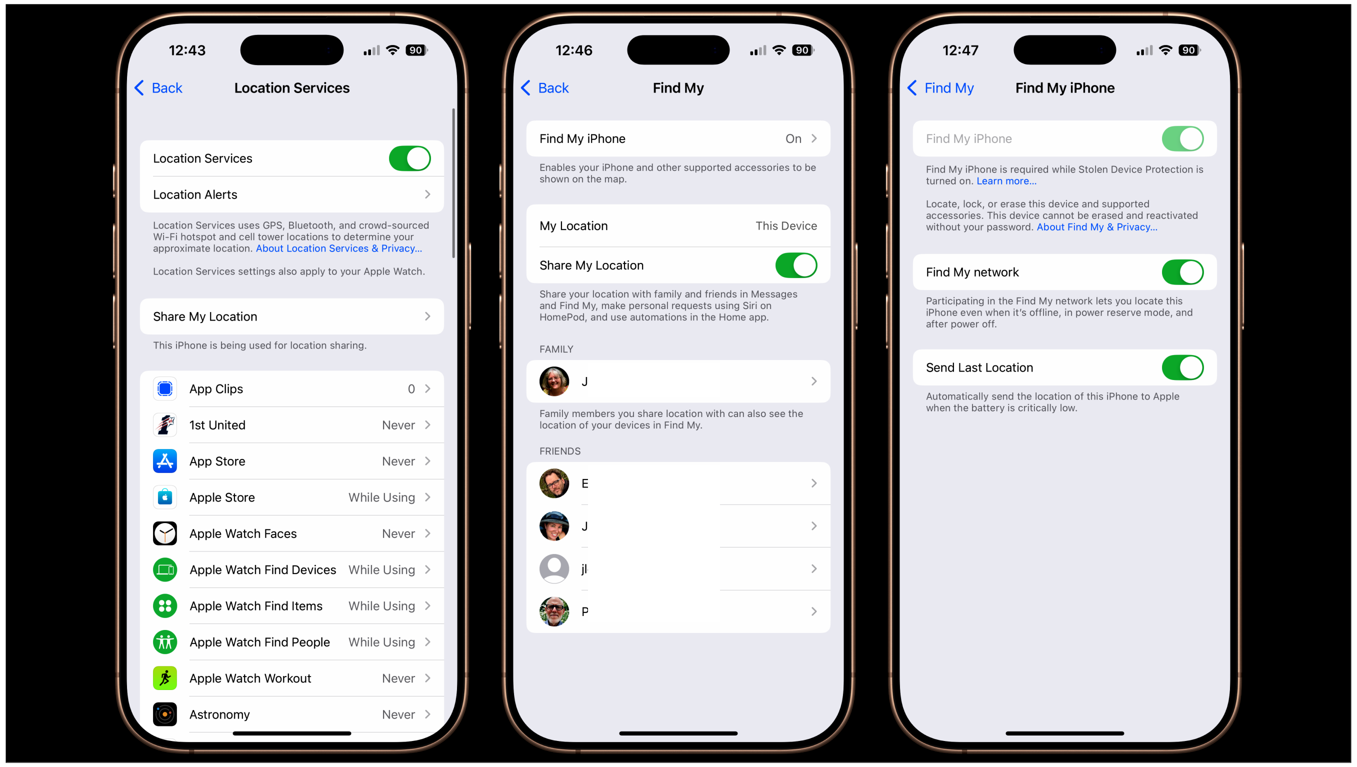
TRANSPARENCY LOGS

App Privacy Report	On
Apple Intelligence Report	On

SECURITY

Stolen Device Protection	On
Lockdown Mode	Off

I’m going to focus from here onward on the Privacy & Security section, a long screen which requires scrolling to see all of the options.
Apple has reorganized this stuff to better group items.
I’ll take them in order as much as possible, starting with Location Services — the topmost options on the Privacy & Security screen.



12:43

Back

Location Services

Location Services ●

Location Alerts

Location Services uses GPS, Bluetooth, and crowd-sourced Wi-Fi hotspot and cell tower locations to determine your approximate location. About Location Services & Privacy...

Location Services settings also apply to your Apple Watch.

Share My Location

This iPhone is being used for location sharing.

App Clips	0
1st United	Never
App Store	Never
Apple Store	While Using
Apple Watch Faces	Never
Apple Watch Find Devices	While Using
Apple Watch Find Items	While Using
Apple Watch Find People	While Using
Apple Watch Workout	Never
Astronomy	Never

12:46

Back

Find My

Find My iPhone — On

Enables your iPhone and other supported accessories to be shown on the map.

My Location — This Device

Share My Location ●

Share your location with family and friends in Messages and Find My, make personal requests using Siri on HomePod, and use automations in the Home app.

FAMILY

J

Family members you share location with can also see the location of your devices in Find My.

FRIENDS

E

J

jl

P

12:47

Find My

Find My iPhone

Find My iPhone ●

Find My iPhone is required while Stolen Device Protection is turned on. Learn more...

Locate, lock, or erase this device and supported accessories. This device cannot be erased and reactivated without your password. About Find My & Privacy...

Find My network ●

Participating in the Find My network lets you locate this iPhone even when it's offline, in power reserve mode, and after power off.

Send Last Location ●

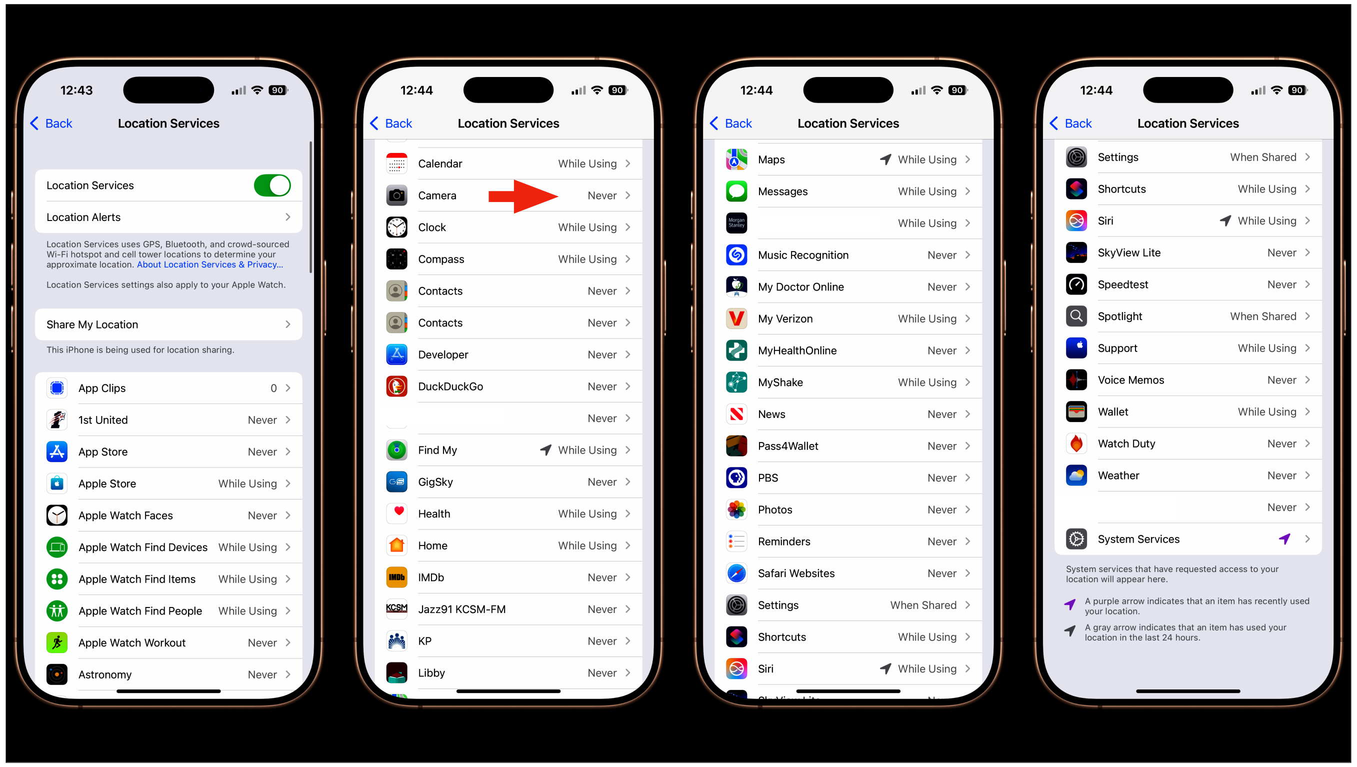
Automatically send the location of this iPhone to Apple when the battery is critically low.

First, the top Locations Services button must be turned ON for your iPhone to work correctly. The toggle to turn it off is for dire emergencies, not everyday use.

Just below that is Location Alerts — a simple toggle to let location alerts show you the Maps. I leave that On.

The Share My Location panel brings up options having to do with Find My iPhone and its own settings, and shows you who you are currently sharing location data with by choice.

You should have Find My iPhone turned ON unless you have specific reasons to disable this service.



Location Services	●
Location Alerts	>

Location Services uses GPS, Bluetooth, and crowd-sourced Wi-Fi hotspot and cell tower locations to determine your approximate location. About Location Services & Privacy...

Location Services settings also apply to your Apple Watch.

Share My Location	>

This iPhone is being used for location sharing.

App Clips	0 >
1st United	Never >
App Store	Never >
Apple Store	While Using >
Apple Watch Faces	Never >
Apple Watch Find Devices	While Using >
Apple Watch Find Items	While Using >
Apple Watch Find People	While Using >
Apple Watch Workout	Never >
Astronomy	Never >

Calendar	While Using >
Camera	Never >
Clock	While Using >
Compass	While Using >
Contacts	Never >
Contacts	Never >
Developer	Never >
DuckDuckGo	Never >
	Never >
Find My	➤ While Using >
GigSky	Never >
Health	While Using >
Home	While Using >
IMDb	Never >
Jazz91 KCSM-FM	Never >
KP	Never >
Libby	Never >

Maps	➤ While Using >
Messages	While Using >
	While Using >
Music Recognition	Never >
My Doctor Online	Never >
My Verizon	While Using >
MyHealthOnline	Never >
MyShake	While Using >
News	Never >
Pass4Wallet	Never >
PBS	Never >
Photos	Never >
Reminders	Never >
Safari Websites	Never >
Settings	When Shared >
Shortcuts	While Using >
Siri	➤ While Using >

Settings	When Shared >
Shortcuts	While Using >
Siri	➤ While Using >
SkyView Lite	Never >
Speedtest	Never >
Spotlight	When Shared >
Support	While Using >
Voice Memos	Never >
Wallet	While Using >
Watch Duty	Never >
Weather	Never >
	Never >
System Services	➤ >

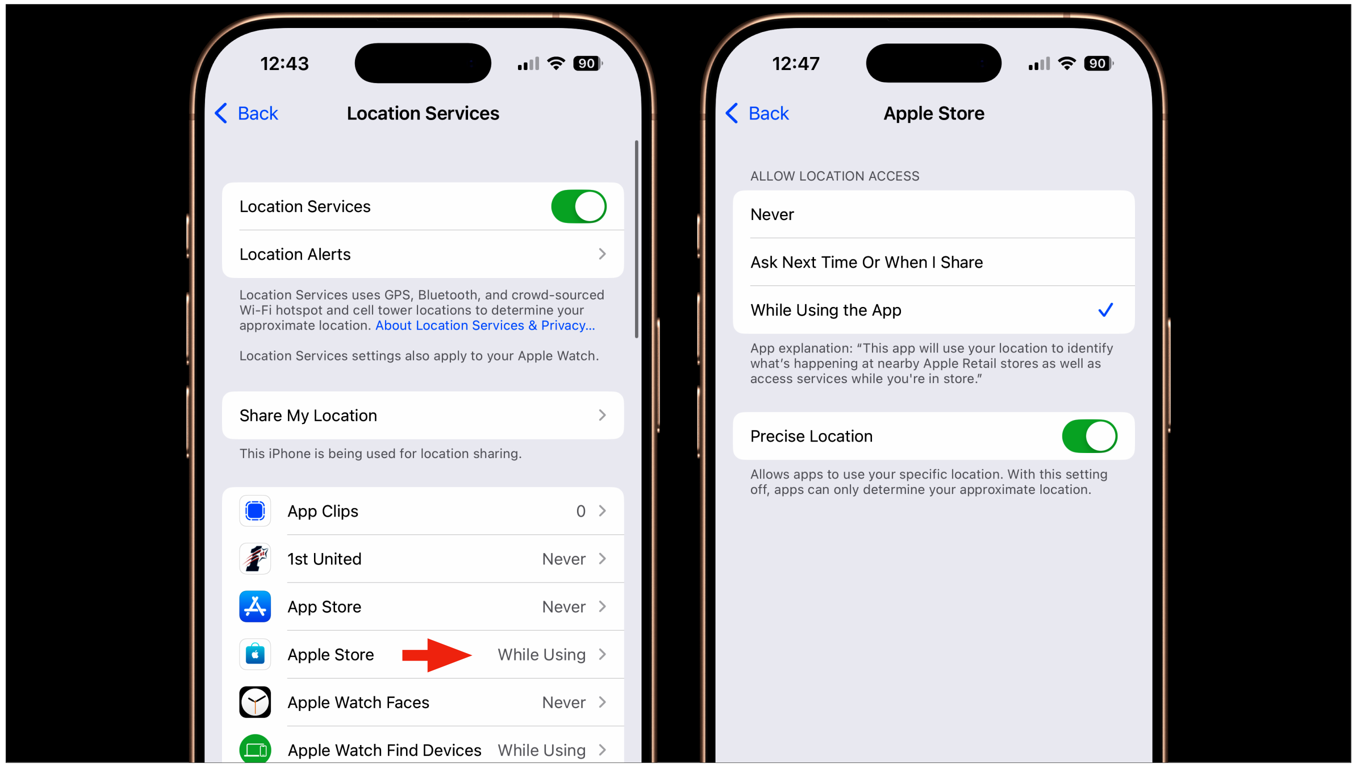
System services that have requested access to your location will appear here.

➤ A purple arrow indicates that an item has recently used your location.

➤ A gray arrow indicates that an item has used your location in the last 24 hours.

Here’s my full list under Location Services. Notice that All of my location permissions have been set to either Never (my go-to choice), of, if I know a good reason an App might need to see my location while I’m actually using the App — the While Using option. I don’t believe any App is still allowed to require the Always choice, and I quit allowing Always when the While Using option became available a few years ago.

Re Camera: If you turn locations services On for Camera, your photos will capture GPS location data and embed it in the photos you take. Your choice, but be aware of it.



Location Services

Location Services ●

Location Alerts >

Location Services uses GPS, Bluetooth, and crowd-sourced Wi-Fi hotspot and cell tower locations to determine your approximate location. About Location Services & Privacy…

Location Services settings also apply to your Apple Watch.

Share My Location >

This iPhone is being used for location sharing.

App Clips	0 >
1st United	Never >
App Store	Never >
Apple Store	While Using >
Apple Watch Faces	Never >
Apple Watch Find Devices	While Using >

Apple Store

ALLOW LOCATION ACCESS

Never

Ask Next Time Or When I Share

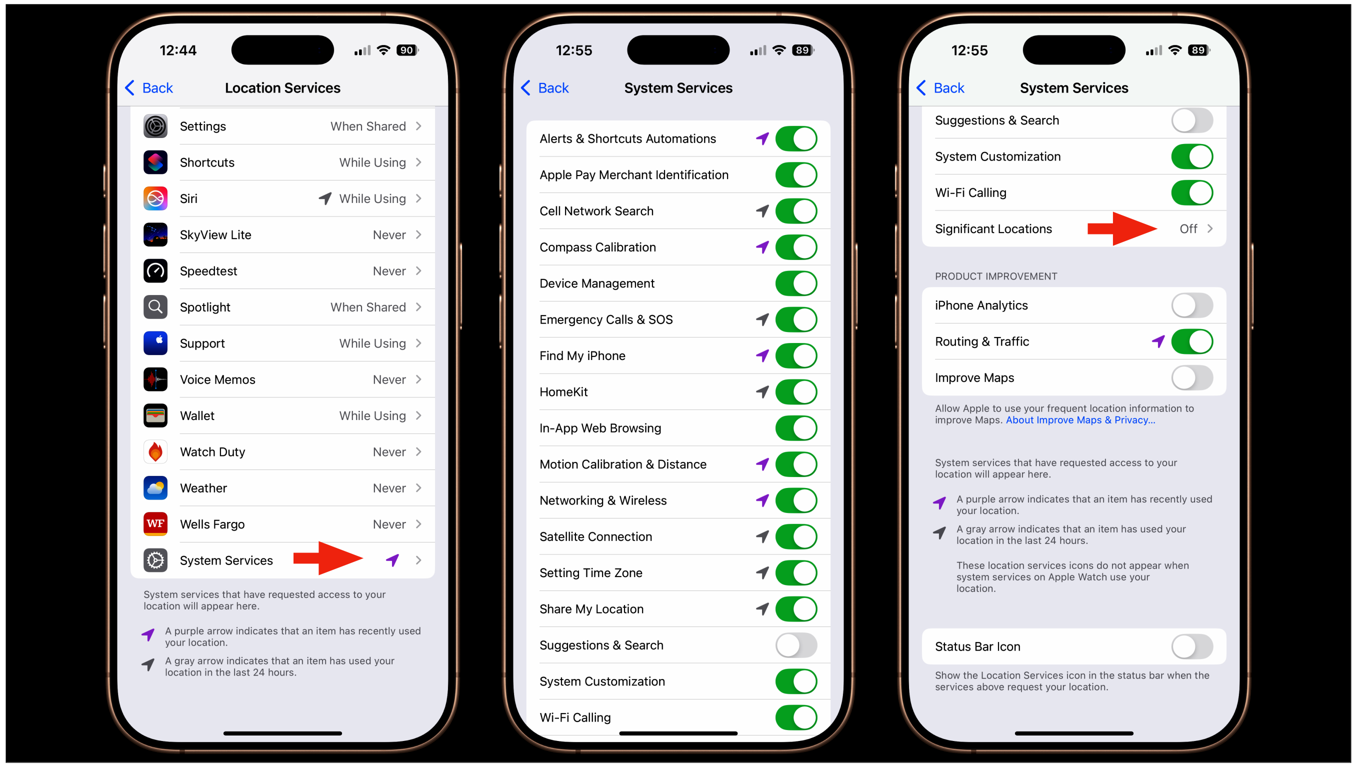
While Using the App ✓

App explanation: "This app will use your location to identify what's happening at nearby Apple Retail stores as well as access services while you're in store."

Precise Location ●

Allows apps to use your specific location. With this setting off, apps can only determine your approximate location.

Here's an example of an App's possible Locations Services settings using the Apple Store app. When you click on the current option to the right, it brings up your choices. If you allow apps to see location data, you can also choose to reveal your precise GPS position or only an approximate location. Be sure to use your Precise Location with things such as Maps, or they won't work correctly. Allowing only the general location will usually identify your location only to within about a mile of you.



12:44

Back **Location Services**

Settings	When Shared ›
Shortcuts	While Using ›
Siri	While Using ›
SkyView Lite	Never ›
Speedtest	Never ›
Spotlight	When Shared ›
Support	While Using ›
Voice Memos	Never ›
Wallet	While Using ›
Watch Duty	Never ›
Weather	Never ›
Wells Fargo	Never ›
System Services	›

System services that have requested access to your location will appear here.

A purple arrow indicates that an item has recently used your location.

A gray arrow indicates that an item has used your location in the last 24 hours.

12:55

Back **System Services**

Alerts & Shortcuts Automations	●
Apple Pay Merchant Identification	●
Cell Network Search	●
Compass Calibration	●
Device Management	●
Emergency Calls & SOS	●
Find My iPhone	●
HomeKit	●
In-App Web Browsing	●
Motion Calibration & Distance	●
Networking & Wireless	●
Satellite Connection	●
Setting Time Zone	●
Share My Location	●
Suggestions & Search	○
System Customization	●
Wi-Fi Calling	●

12:55

Back **System Services**

Suggestions & Search	○
System Customization	●
Wi-Fi Calling	●
Significant Locations	Off ›

PRODUCT IMPROVEMENT

iPhone Analytics	○
Routing & Traffic	●
Improve Maps	○

Allow Apple to use your frequent location information to improve Maps. About Improve Maps & Privacy...

System services that have requested access to your location will appear here.

A purple arrow indicates that an item has recently used your location.

A gray arrow indicates that an item has used your location in the last 24 hours.

These location services icons do not appear when system services on Apple Watch use your location.

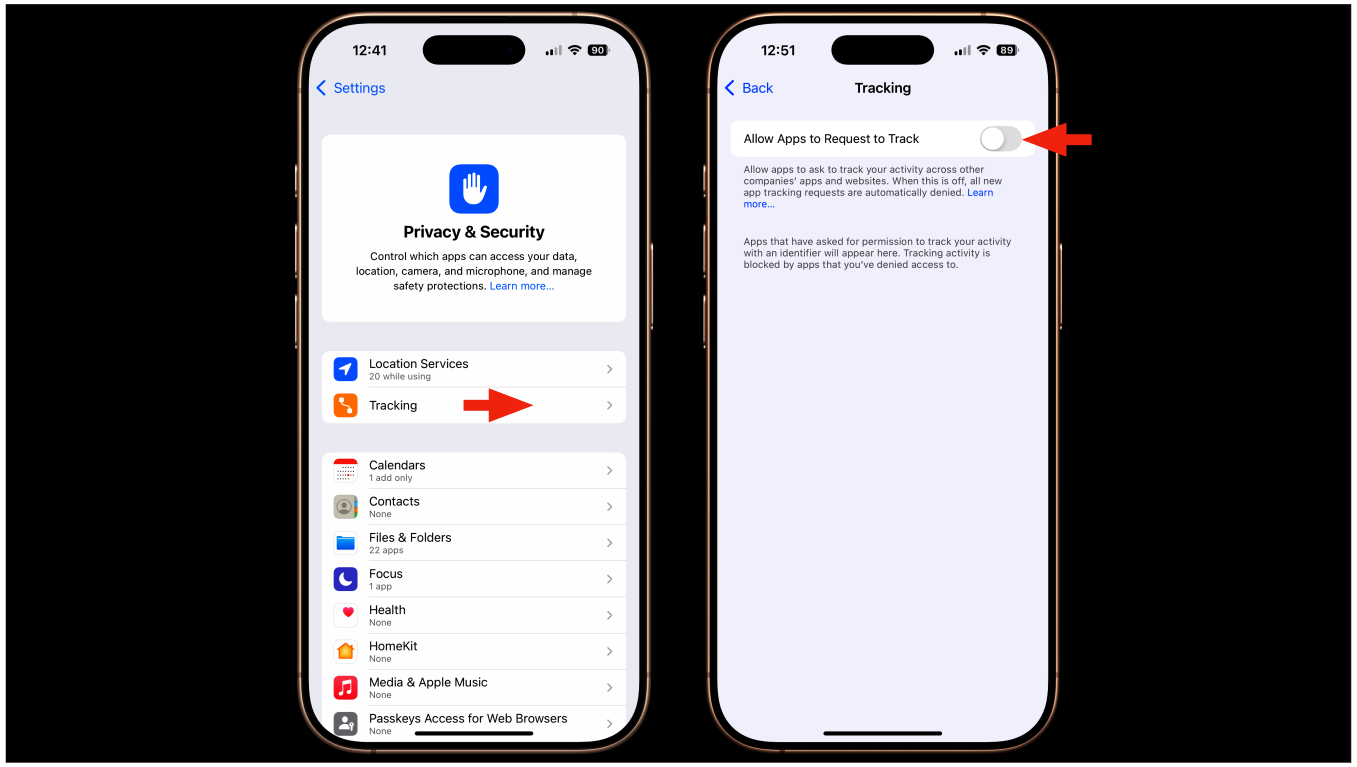
Status Bar Icon	○

Show the Location Services icon in the status bar when the services above request your location.

At the end of the list of Location Permission Settings is the Systems Services. This is a complex list of stuff which has to do with how your phone's OS uses Location data, including to locate the nearest Cell Towers.

I recommend you leave these completely as is, with one exception.

On the last screen of the System Services is one called Significant Locations. Apple uses this to track how often and when you go anywhere. If you turn it Off, Apple will stop collecting and saving that data. It will also guarantee that the delay provided by Stolen Device Protection (coming up later) can't be cut short.



12:41

Settings

Privacy & Security

Control which apps can access your data, location, camera, and microphone, and manage safety protections. Learn more...

Location Services
20 while using

Tracking

Calendars
1 add only

Contacts
None

Files & Folders
22 apps

Focus
1 app

Health
None

HomeKit
None

Media & Apple Music
None

Passkeys Access for Web Browsers
None

12:51

Back

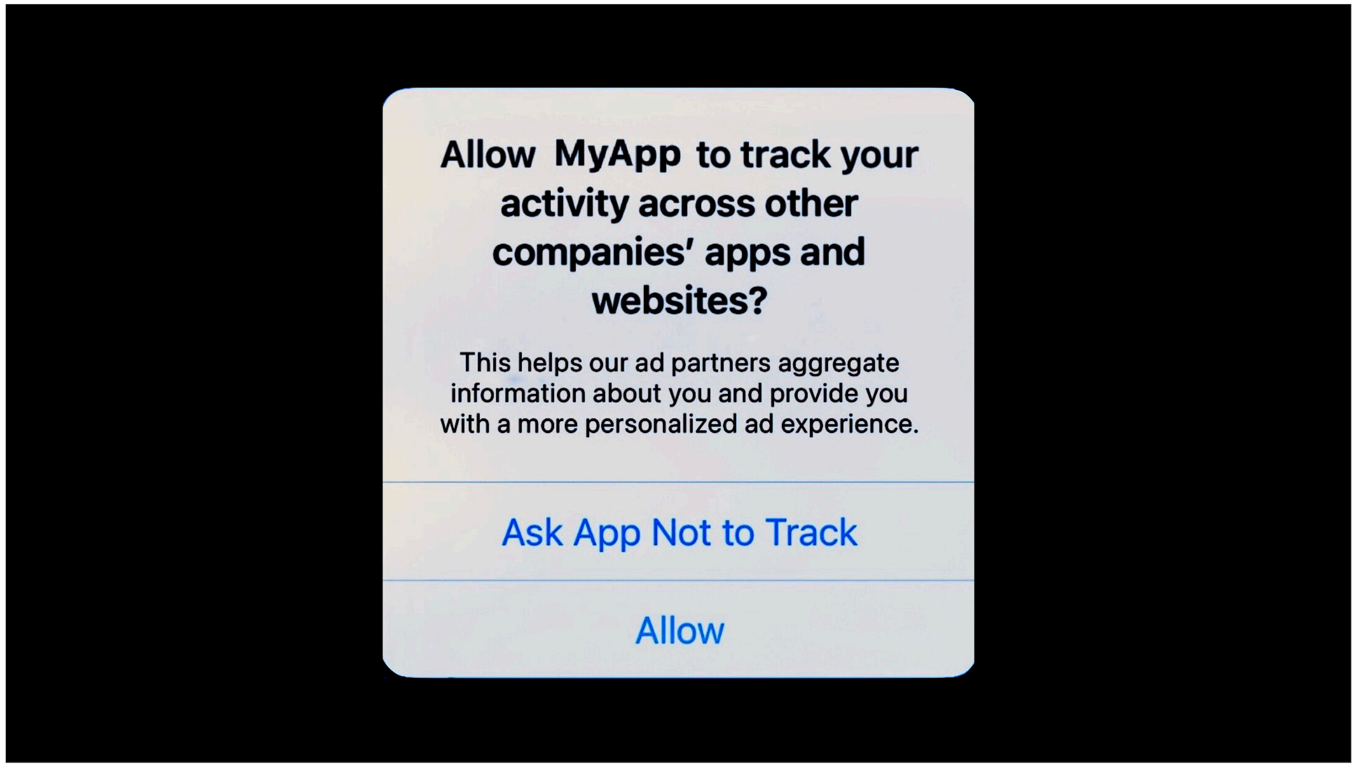
Tracking

Allow Apps to Request to Track ○

Allow apps to ask to track your activity across other companies' apps and websites. When this is off, all new app tracking requests are automatically denied. Learn more...

Apps that have asked for permission to track your activity with an identifier will appear here. Tracking activity is blocked by apps that you've denied access to.

After the Location Services stuff, the very next thing is Tracking — which, surprisingly, has nothing to do with your location.
Tracking is all about how you use your device, tracking your digital activity, such as websites you visit, Apps you launch, how long you use them, etc.
Third Party Apps love to track how you use your device, and not just from inside their own app while it's running. They collect every scrap of info on what you are doing and use to build a profile of you that they can either sell or use to direct targeted advertising at you. I keep this option Off.



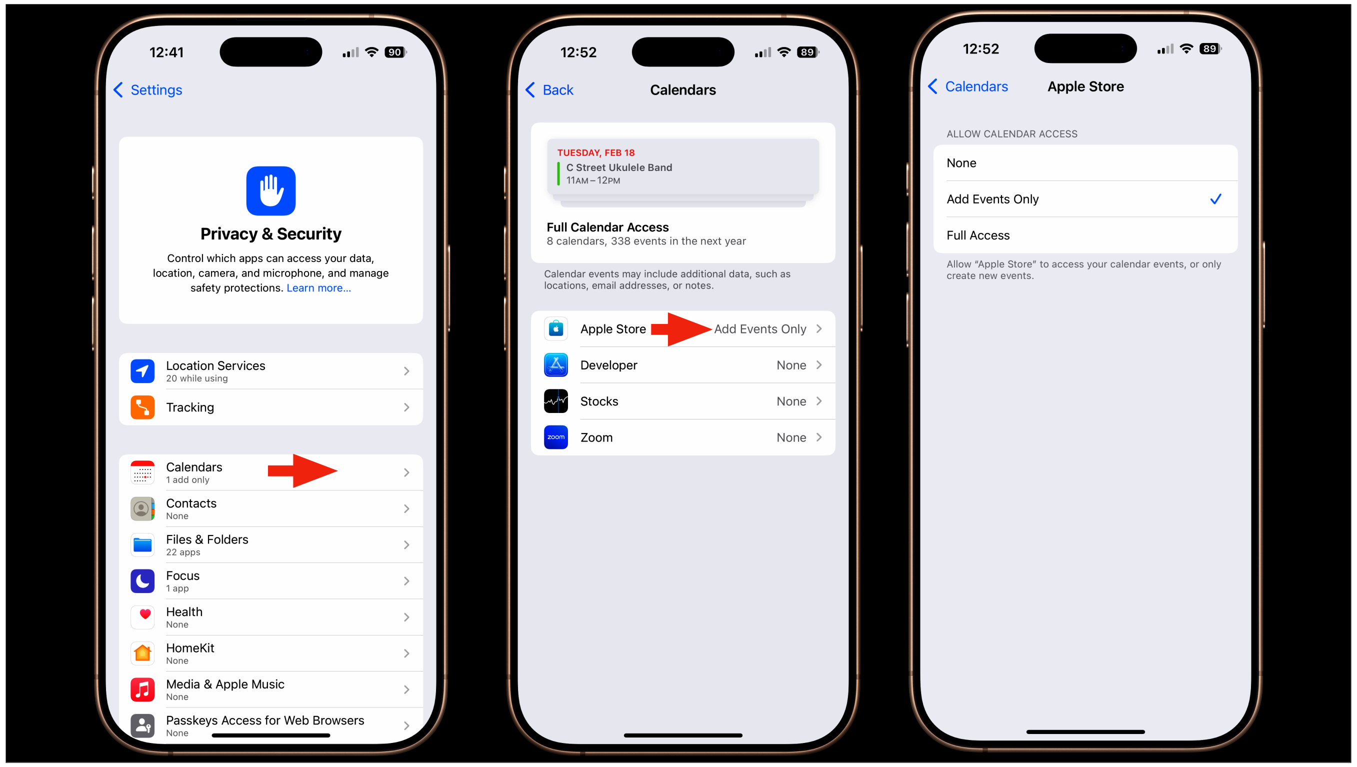
Allow MyApp to track your activity across other companies' apps and websites?

This helps our ad partners aggregate information about you and provide you with a more personalized ad experience.

If you’ve ever seen this when you first launched a new App, it’s what you are supposed to see if you let the Apps ASK you to let them track what you’re doing. I have no idea why anyone would allow that now that we have the option to not even let Apps ask for tracking permission.

This is not a guarantee that some bad actors won’t try to use an App to track stuff about you anyway, but Apple makes an effort to weed out Apps which ignore your settings for these permissions.

Facebook hates this recent Apple protection, and that alone should tell you that it’s good for your digital privacy.



Settings

Privacy & Security

Control which apps can access your data, location, camera, and microphone, and manage safety protections. Learn more...

Location Services
20 while using

Tracking

Calendars
1 add only

Contacts
None

Files & Folders
22 apps

Focus
1 app

Health
None

HomeKit
None

Media & Apple Music
None

Passkeys Access for Web Browsers
None

Back **Calendars**

TUESDAY, FEB 18
C Street Ukulele Band
11AM – 12PM

Full Calendar Access
8 calendars, 338 events in the next year

Calendar events may include additional data, such as locations, email addresses, or notes.

Apple Store	Add Events Only
Developer	None
Stocks	None
Zoom	None

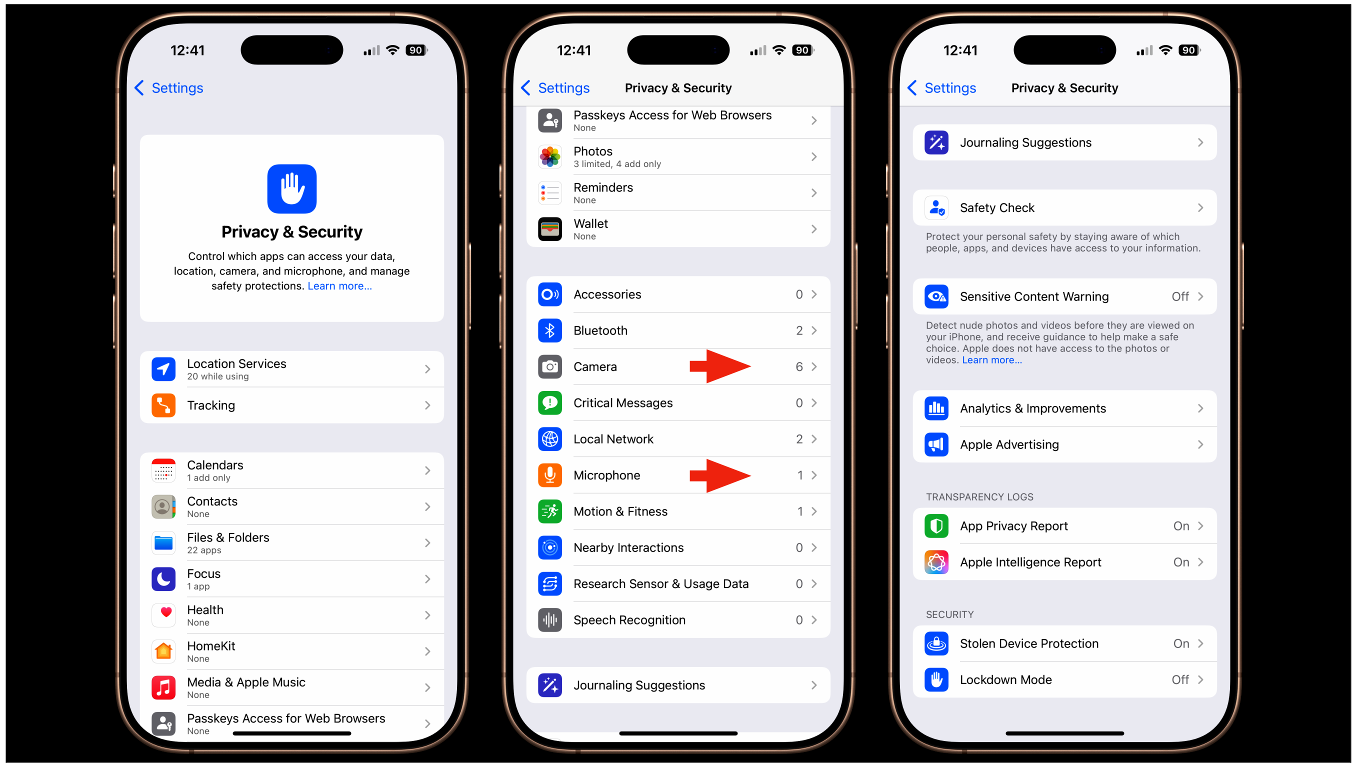
Calendars **Apple Store**

ALLOW CALENDAR ACCESS

None
Add Events Only ✓
Full Access

Allow “Apple Store” to access your calendar events, or only create new events.

Back on the main Privacy & Security panel, we come to a long list of Apple’s built in data apps and services, and the settings for managing which Apps are allowed to use what your iPhone knows about you and your activities. My first one is Calendars, and, when I click on it, If shows me which Apps I have that tried to access my Calendar and whether they currently have any permissions. In the case of the Apple Store, it has limited permission to add events to my Calendar — but it only does this when I ask it to, such as for a scheduled help session. If I gave it full access it would be able to read my entire Calendar of all events at any time. I don’t want that for any 3rd party apps or even most other Apple apps.



12:41

< Settings

Privacy & Security

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Location Services
20 while using >

Tracking >

Calendars
1 add only >

Contacts
None >

Files & Folders
22 apps >

Focus
1 app >

Health
None >

HomeKit
None >

Media & Apple Music
None >

Passkeys Access for Web Browsers
None >

12:41

< Settings Privacy & Security

Passkeys Access for Web Browsers
None >

Photos
3 limited, 4 add only >

Reminders
None >

Wallet
None >

Accessories	0 >
Bluetooth	2 >
Camera	6 >
Critical Messages	0 >
Local Network	2 >
Microphone	1 >
Motion & Fitness	1 >
Nearby Interactions	0 >
Research Sensor & Usage Data	0 >
Speech Recognition	0 >

Journaling Suggestions >

12:41

< Settings Privacy & Security

Journaling Suggestions >

Safety Check >

Protect your personal safety by staying aware of which people, apps, and devices have access to your information.

Sensitive Content Warning Off >

Detect nude photos and videos before they are viewed on your iPhone, and receive guidance to help make a safe choice. Apple does not have access to the photos or videos. Learn more...

Analytics & Improvements >

Apple Advertising >

TRANSPARENCY LOGS

App Privacy Report On >

Apple Intelligence Report On >

SECURITY

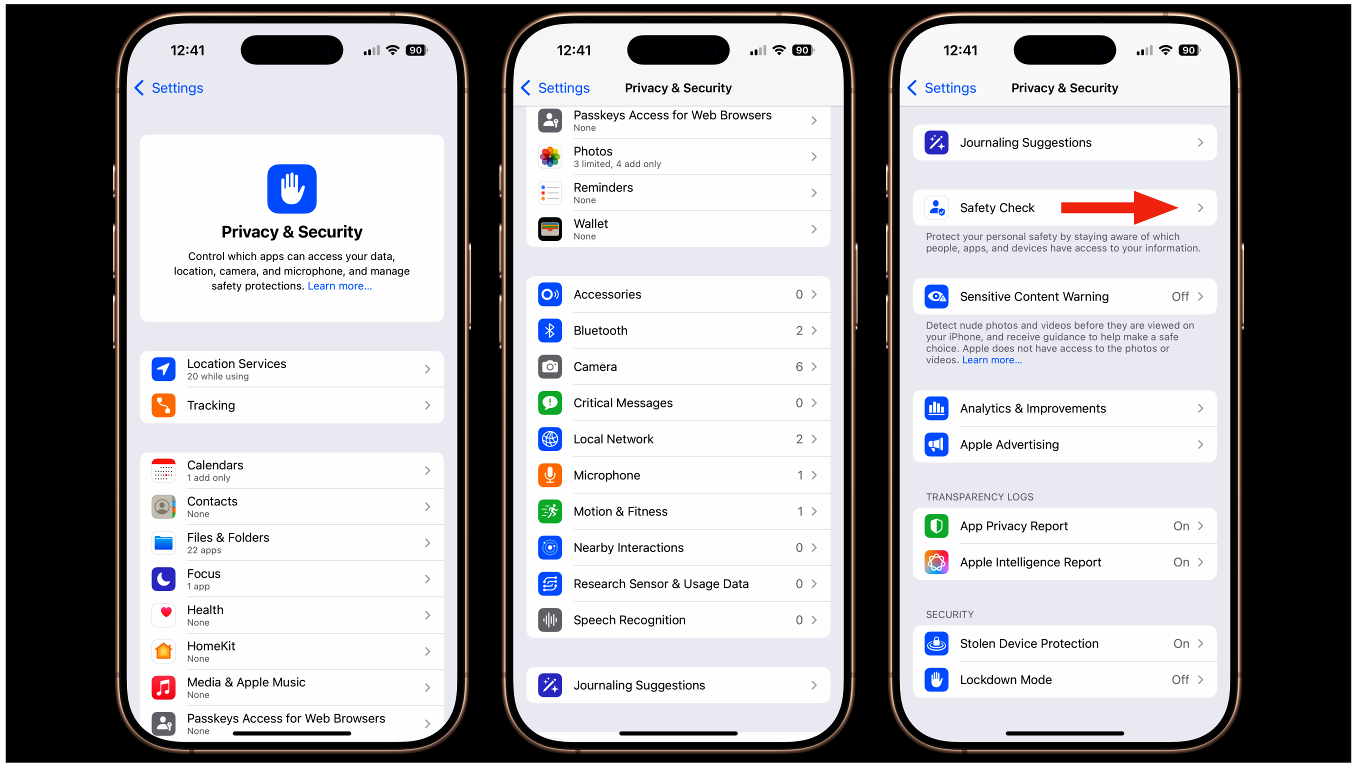
Stolen Device Protection On >

Lockdown Mode Off >

You should check every one of the listed Data Sources built into your iPhone, and check any which show 1 or more items as having access.

Notice that the Camera has 6 apps which can read it, and I have been careful to make sure I know why each of them needs to use my Camera for tasks I use that App to complete.

Same with my Microphone. I do not want random third party apps to be able to use either the Camera or Mic without me being fully aware of it. Both of those sensors are ALWAYS ON unless my iPhone is powered clear Off, so it could be a big privacy or even hacking risk.



12:41

Settings

Privacy & Security

Control which apps can access your data, location, camera, and microphone, and manage safety protections. Learn more...

- Location Services — 20 while using
- Tracking

- Calendars — 1 add only
- Contacts — None
- Files & Folders — 22 apps
- Focus — 1 app
- Health — None
- HomeKit — None
- Media & Apple Music — None
- Passkeys Access for Web Browsers — None

12:41

Settings — Privacy & Security

- Passkeys Access for Web Browsers — None
- Photos — 3 limited, 4 add only
- Reminders — None
- Wallet — None

Accessories	0
Bluetooth	2
Camera	6
Critical Messages	0
Local Network	2
Microphone	1
Motion & Fitness	1
Nearby Interactions	0
Research Sensor & Usage Data	0
Speech Recognition	0

- Journaling Suggestions

12:41

Settings — Privacy & Security

- Journaling Suggestions

- Safety Check

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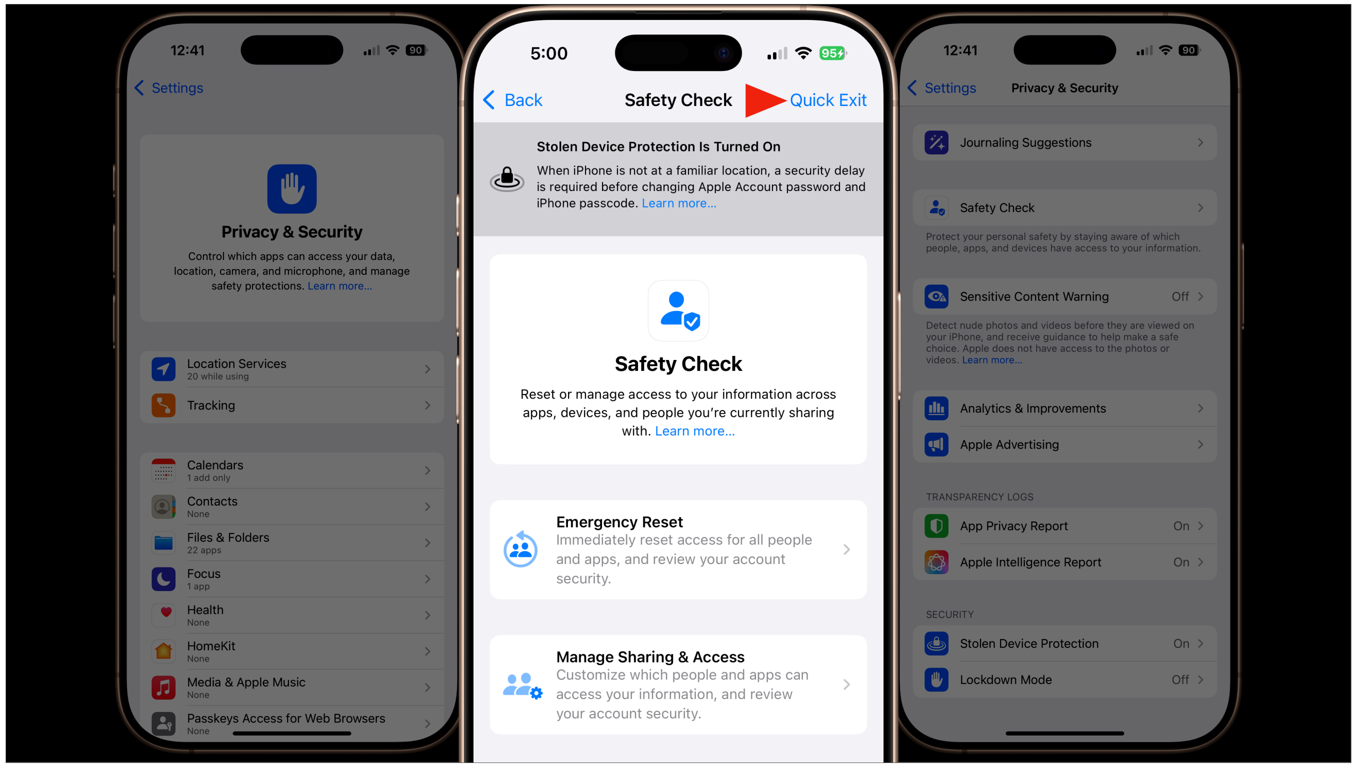
TRANSPARENCY LOGS

- App Privacy Report — On
- Apple Intelligence Report — On

SECURITY

- Stolen Device Protection — On
- Lockdown Mode — Off

Also be particularly aware of the Safety Check option on the last screen in Privacy & Security. If you click this…



Privacy & Security

Control which apps can access your data, location, camera, and microphone, and manage safety protections. Learn more...

- Location Services — 20 while using
- Tracking
- Calendars — 1 add only
- Contacts — None
- Files & Folders — 22 apps
- Focus — 1 app
- Health — None
- HomeKit — None
- Media & Apple Music — None
- Passkeys Access for Web Browsers — None

Safety Check

Stolen Device Protection Is Turned On

When iPhone is not at a familiar location, a security delay is required before changing Apple Account password and iPhone passcode. Learn more...

Safety Check

Reset or manage access to your information across apps, devices, and people you're currently sharing with. Learn more...

Emergency Reset
Immediately reset access for all people and apps, and review your account security.

Manage Sharing & Access
Customize which people and apps can access your information, and review your account security.

Privacy & Security

- Journaling Suggestions
- Safety Check

Protect your personal safety by staying aware of which people, apps, and devices have access to your information.

- Sensitive Content Warning — Off

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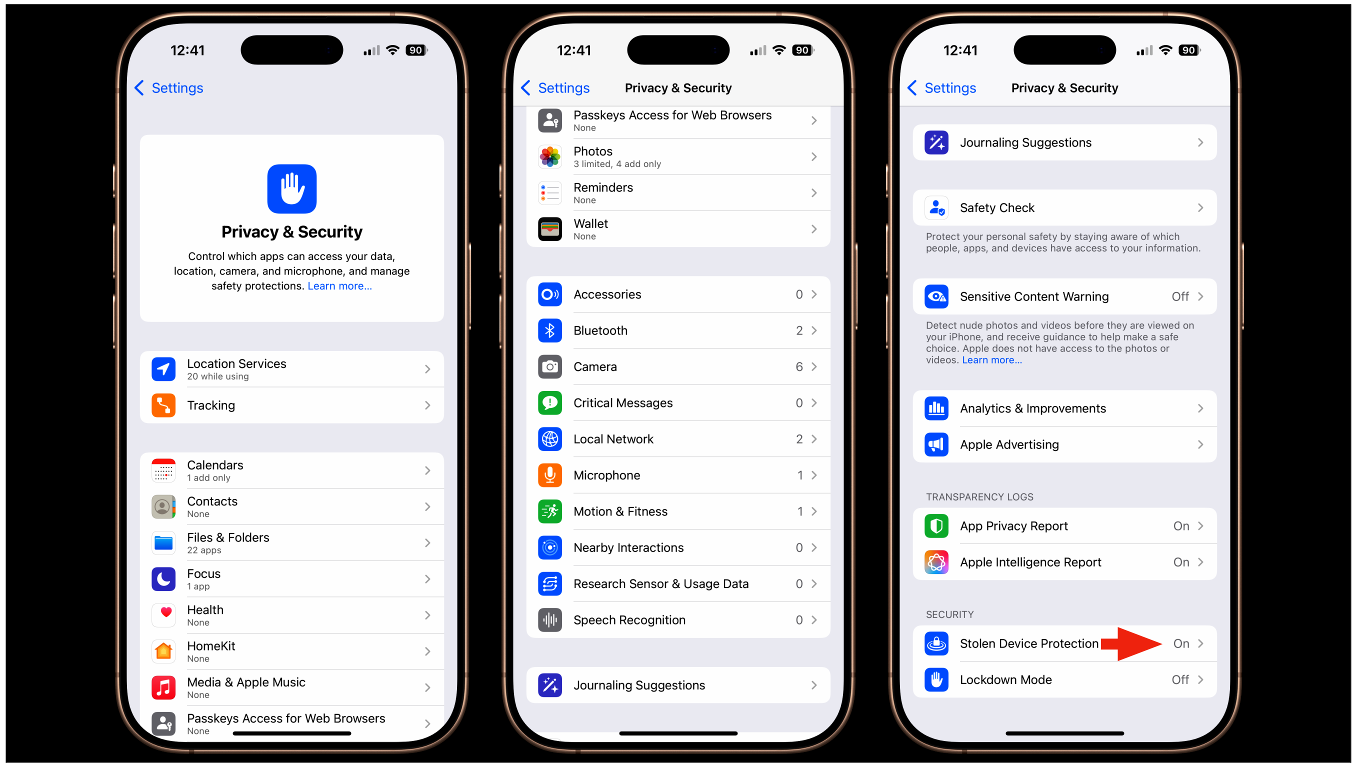
TRANSPARENCY LOGS

- App Privacy Report — On
- Apple Intelligence Report — On

SECURITY

- Stolen Device Protection — On
- Lockdown Mode — Off

It switches you to the beginning of a process whereby you can either turn off all access and set it up from scratch using the Emergency Reset, or, a better choice — Manage Sharing & Access — to review your current sharing settings and let you make any changes as it walks you through EVERYTHING. This takes a while. There's a Quick Exit at the top right if you decide you just wanted to look at it without doing anything right now.



12:41

Settings

Privacy & Security

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None

Files & Folders
22 apps

Focus
1 app

Health
None

HomeKit
None

Media & Apple Music
None

Passkeys Access for Web Browsers
None

12:41

Settings — Privacy & Security

Passkeys Access for Web Browsers
None

Photos
3 limited, 4 add only

Reminders
None

Wallet
None

Accessories 0

Bluetooth 2

Camera 6

Critical Messages 0

Local Network 2

Microphone 1

Motion & Fitness 1

Nearby Interactions 0

Research Sensor & Usage Data 0

Speech Recognition 0

Journaling Suggestions

12:41

Settings — Privacy & Security

Journaling Suggestions

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Apple Advertising

TRANSPARENCY LOGS

App Privacy Report On

Apple Intelligence Report On

SECURITY

Stolen Device Protection On

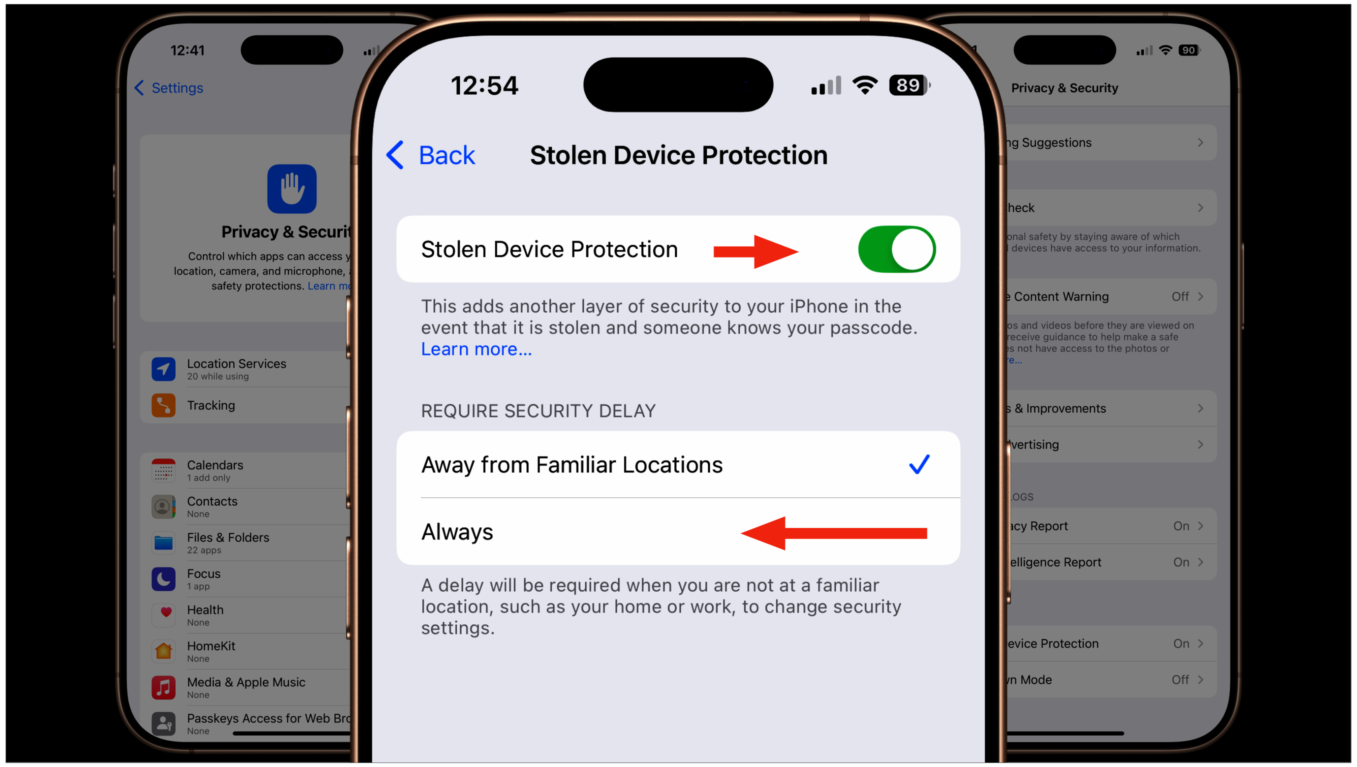
Lockdown Mode Off

Near the very end of the Privacy & Security screen is the very important Stolen Device Protection, which I said we would get to.

This was a new option last year. Turning it ON imposes a 1-hour delay when anyone — including you — tries to change your Apple Account password — even if they are using your unlocked iPhone.

That means if someone gets hold of your iPhone and even has its passcode to unlock or verify it, they still can't change your Apple Account password or your device's Passcode for a full hour after they start the process.

That extra hour is to allow you time to use some other method to stop such changes and report your iPhone stolen.



12:54

Back Stolen Device Protection

Stolen Device Protection ●

This adds another layer of security to your iPhone in the event that it is stolen and someone knows your passcode. Learn more...

REQUIRE SECURITY DELAY

Away from Familiar Locations ✓

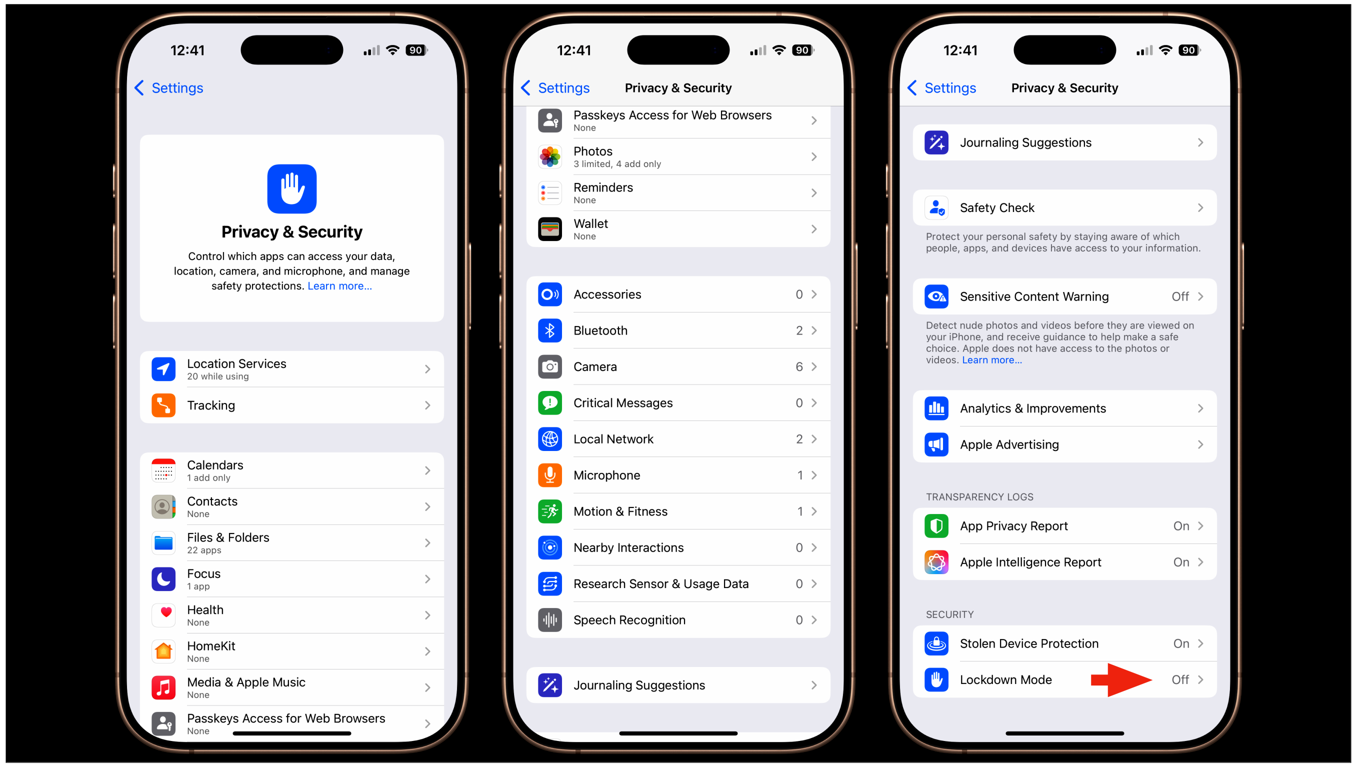
Always

A delay will be required when you are not at a familiar location, such as your home or work, to change security settings.

I have mine turned On, and I would require the Security Delay always, but, since I've already disabled Apple tracking my frequent locations, my iPhone has no Familiar Locations to match.

Always is the most secure option if you let Apple still track your frequent locations for some reason.

You need to be on a very recent OS version to enable Stolen Device Protection. Use it if you've got it.


12:41

< Settings

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22 apps

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1 app

Health
None

HomeKit
None

Media & Apple Music
None

Passkeys Access for Web Browsers
None

12:41

< Settings Privacy & Security

Passkeys Access for Web Browsers
None

Photos
3 limited, 4 add only

Reminders
None

Wallet
None

Accessories	0
Bluetooth	2
Camera	6
Critical Messages	0
Local Network	2
Microphone	1
Motion & Fitness	1
Nearby Interactions	0
Research Sensor & Usage Data	0
Speech Recognition	0

Journaling Suggestions

12:41

< Settings Privacy & Security

Journaling Suggestions

Safety Check

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Apple Advertising

TRANSPARENCY LOGS

App Privacy Report	On
Apple Intelligence Report	On

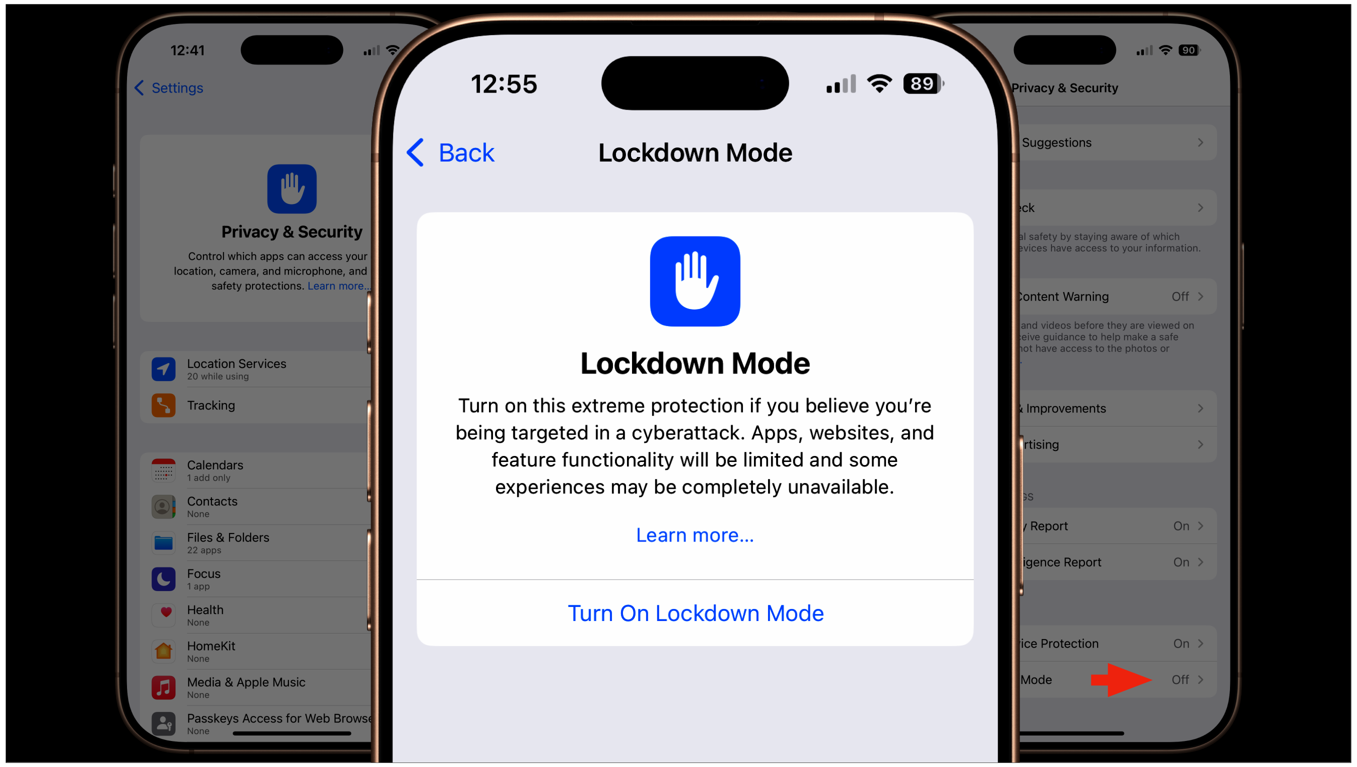
SECURITY

Stolen Device Protection	On
Lockdown Mode	Off

And at the bottom of the Privacy & Security screen is Lockdown Mode.

This is absolutely another "In Case Of Emergency Only" option — designed for people who know they are likely targets of hackers, such as activists, dissidents, politicians, reporters and whistleblowers — but anyone is free to use it if they suspect stalking or something tracking them.

Clicking on this…



12:55

Back

Lockdown Mode

Lockdown Mode

Turn on this extreme protection if you believe you're being targeted in a cyberattack. Apps, websites, and feature functionality will be limited and some experiences may be completely unavailable.

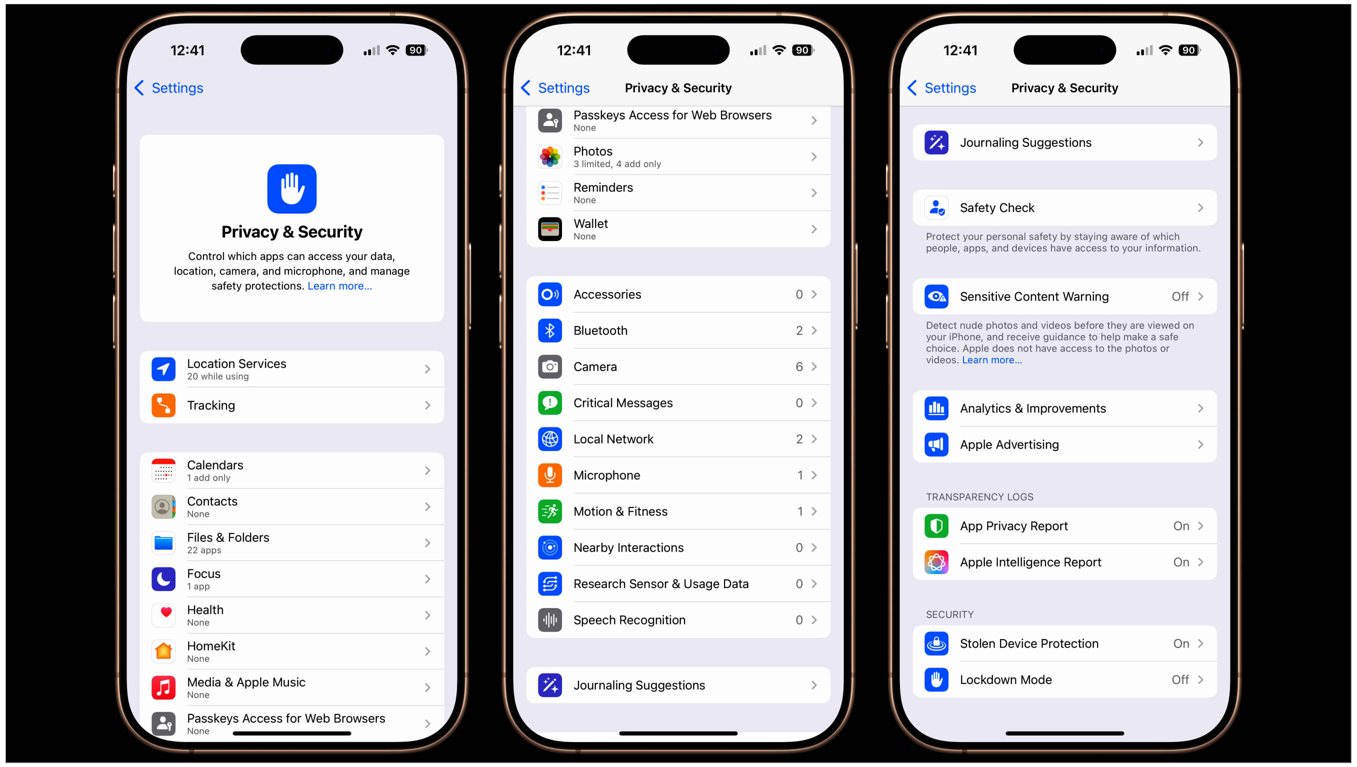
Learn more...

Turn On Lockdown Mode

brings up a simple screen to Turn On Lockdown Mode. If you turn it ON, your iPhone will quit sending out and receiving all kinds of signals that it normally would, and you will be safer in a risky situation where you are being tracked.

Lockdown Mode is not intended for everyday use. In fact, everyday use is not possible because it shuts down many normal operations of the iPhone on the assumption that you can't trust them at the moment, but you don't want to destroy your phone to stop it from being hacked.

This is for really risky situations, not just for better security.



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1 app

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HomeKit
None

Media & Apple Music
None

Passkeys Access for Web Browsers
None

12:41

< Settings Privacy & Security

Passkeys Access for Web Browsers
None

Photos
3 limited, 4 add only

Reminders
None

Wallet
None

Accessories	0
Bluetooth	2
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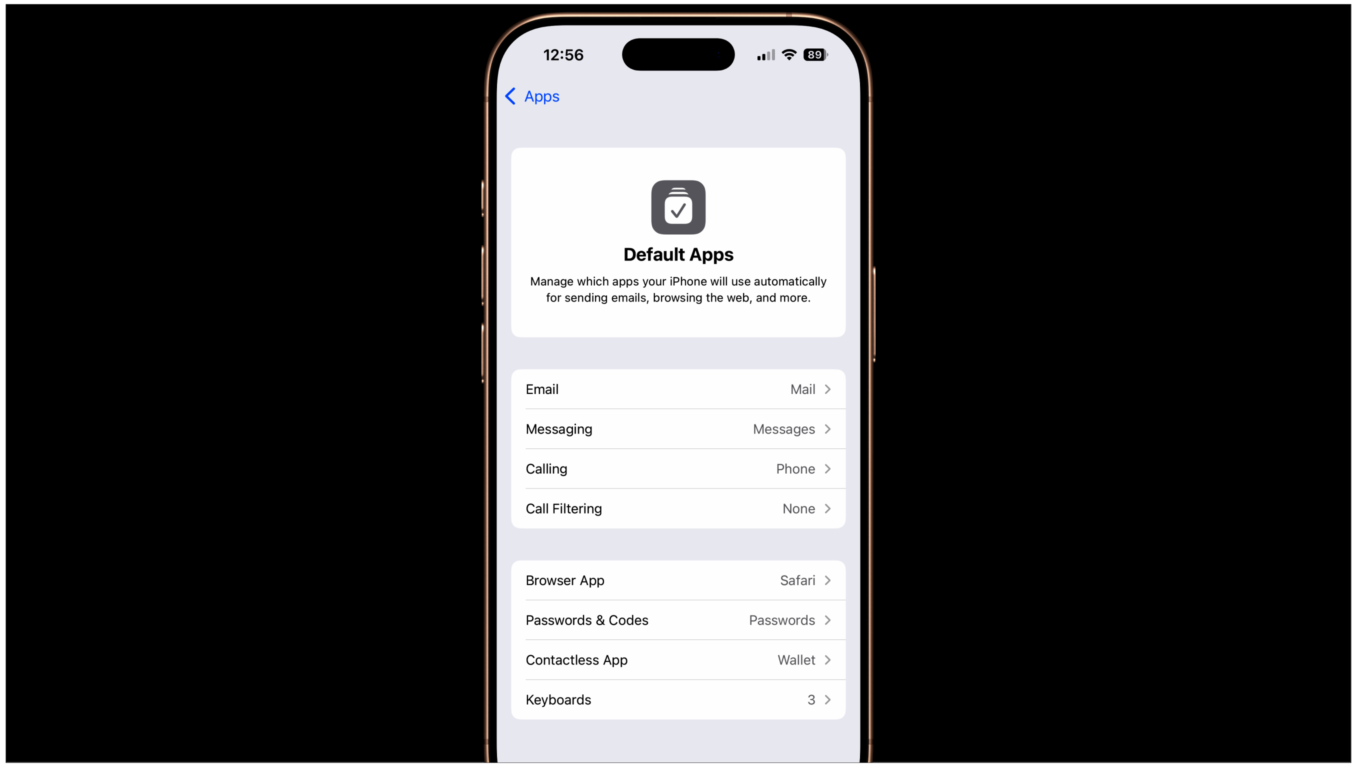
TRANSPARENCY LOGS

App Privacy Report	On
Apple Intelligence Report	On

SECURITY

Stolen Device Protection	On
Lockdown Mode	Off

And that’s it for the Privacy & Security section of iPhone Settings in iOS 18.



12:56

< Apps

Default Apps

Manage which apps your iPhone will use automatically for sending emails, browsing the web, and more.

Email	Mail >
Messaging	Messages >
Calling	Phone >
Call Filtering	None >
Browser App	Safari >
Passwords & Codes	Passwords >
Contactless App	Wallet >
Keyboards	3 >

Back to the bottom of the first or main Settings screen, you will see an entry called Apps. Tap that to see all of the installed Apps on your device in alphabetical order. Most of them have specific settings which can be dug into there. At the very top of the Apps list is Default Apps, which is where you can pick which App you prefer to use for email, messaging, making phone calls, and various other functions.

Apple provides a built in option for each of these functions, but now lets you pick a 3rd party app if you prefer it. Only installed apps appear in your current choices.

I strongly urge you to stick with Apple's own Apps for the best Privacy and Security, as they are fully integrated into iOS and don't send data to other companies' servers.

Software Update
Your iPhone has been updated to iOS 18.3.1

Review

- Location Service needs to be ON, but
- Each App should be individually set for how it is allowed to see or use location information.
- Tracking should be OFF unless you want individually customized Adverts and your data being sold.
- Access to Apple Data sources needs to be checked & limited to approved uses.
- Camera and Microphone carefully set to only be used by Apps you approve.
- Safety Check reviewed
- Stolen Device Protection ON if you have it
- Lockdown Mode — know where it is and why it might be useful in an emergency.

Do what you can and then quit worrying about it.