Keep Your Phone From Oversharing

Smart ways to stop apps from grabbing more info than they need.

> **RULE OF THUMB**
> Only say yes when it helps the app do its job.

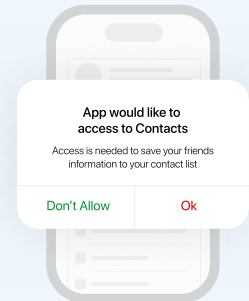## 1   Don't Let Apps Access All Your Contacts

WHY IT MATTERS
When you say "yes" to contact access, the app can see everyone in your phone — names, emails, numbers.

THAT INCLUDES
Your boss, family and clients.

WHAT TO DO
- Tap "Don't Allow" when an app asks for contact access
- Or pick just one or two contacts (if your phone supports it)

App would like to
access to Contacts
Access is needed to save your friends
information to your contact list
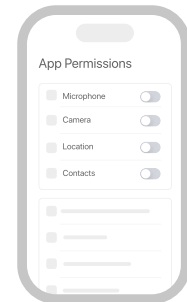
Don't Allow   Ok

2   Control What Apps Can Access

GO TO YOUR PHONE'S SETTINGS → APP PERMISSIONS AND TURN OFF ACCESS TO
- Microphone
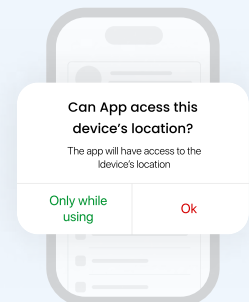- Camera
- Location
- Contacts (unless really needed)

App Permissions

Microphone
Camera
Location
Contacts

3   Limit Location Tracking

BEST SETTING
"Only While Using the App" - This prevents apps from tracking you in the background.
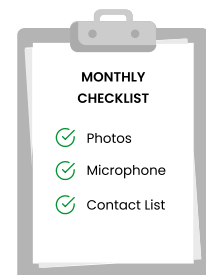Avoid - "Always" unless the app really needs it (e.g., navigation).

Can App acess this
device's location?
The app will have access to the
ldevice's location

Only while
using   Ok

4   Review App Permissions Often

ONCE A MONTH, CHECK WHICH APPS HAVE ACCESS TO
- Your photos
- Your microphone
- Your contact list

If it feels weird — turn it off.

MONTHLY CHECKLIST
✓ Photos
✓ Microphone
✓ Contact List

5   If an App Wants Too Much... Don't Trust It

A flashlight app shouldn't ask for your location.
A game shouldn't need your microphone.
If it feels off — delete it or find a better one.

Does this request feels weird?

Don't Allow   Ok