

PRINTABLE GUIDE

Start using your phone

Practise finding Home, opening an app and locking your phone. This assumes setup is complete; a new device may first need account and network setup.

iPhone or Android | 2 min read | 5 steps

Before you start

- ☐ A charged phone
- ☐ Your own unlock code, if one is set
- ☐ A quiet place to practise

1. Wake or turn on the screen

Briefly press the side or power button to wake the screen. If the phone is switched off, hold its power button until the startup logo appears. Button positions vary; check the model manual if nothing happens.

- ☐ Done this step

2. Unlock your own phone

Follow the screen prompt and enter your own PIN or passcode. Fingerprint or face recognition may also work. If you cannot remember the code, stop and use the manufacturer's recovery help; repeated guesses can lock you out.

- ☐ Done this step

3. Open one familiar app

Find Clock or Settings and tap its picture once. Give it a moment to open. Swipe a finger gently up the screen to move down a list; touching and holding can bring up a different menu.

☐ Done this step

4. Return to the starting screen

iPhone with Home button: press Home. iPhone without it: swipe up from the bottom edge. Android: tap Home if there are navigation buttons, or swipe up from the bottom if gestures are enabled.

☐ Done this step

5. Finish the practice session

Press the side or power button briefly to lock the screen. Locking is different from switching off. When practising, pause before deleting items, buying anything or granting access you do not understand.

☐ Done this step

Try it for yourself

Open Clock, return Home, then lock and unlock the screen once.

☐ I tried the task.

My notes

Does this guide set up a new phone?

No. Initial setup screens vary by model and account. Complete the manufacturer's setup instructions first, then return for practice.

Official help and the online guide

Apple: wake and unlock - <https://support.apple.com/guide/iphone/wake-unlock-and-lock-iph5a0b5b9c5/ios>

Google: Android navigation - <https://support.google.com/android/answer/9079644?hl=en>

Read online: <https://plaintechguides.com/guides/first-phone-practice/>