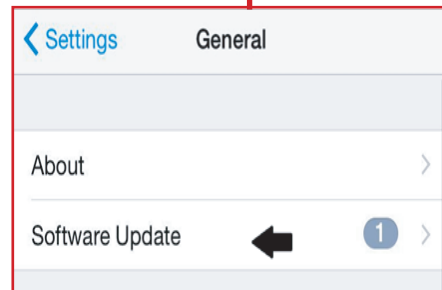
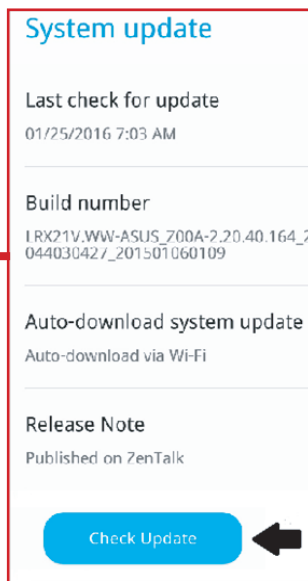
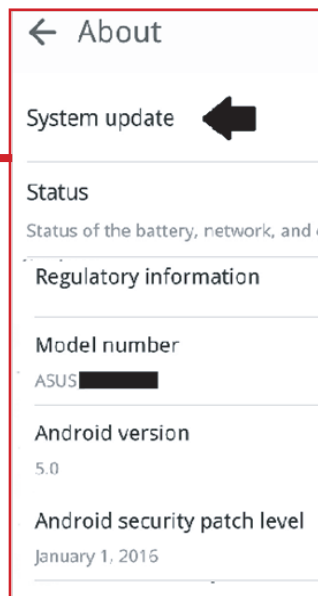
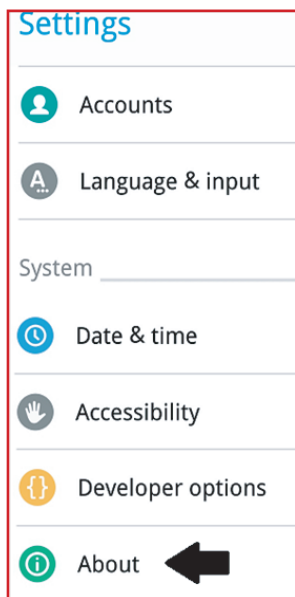


iPhone and Windows phone system update notifications come directly from Apple and Microsoft. In the case of Android phones, the mobile carriers (cellular service providers) or the maker of the phone (i.e. Motorola, Samsung, etc.) send out the system updates.

Rather than waiting for an update to come to you – you never know if you might have missed it! – it is always recommended to look for built-in software (or Operating System) updates in 'Settings' on your phone.

If you have an Android device, go to '**Settings**' and, depending on the phone you are using, the next step would either be to look under 'About' > '**System Update**' > '**Check Update**' OR '**More**' > '**About Device**' > '**Software Update**' > '**Update now**'. It is always suggested to get the update when you have a steady

For iOS devices (iPhone, iTouch & iPad) you can go to '**Settings**' > '**General**' > '**Software Update**' for iOS > '**Download and Install**'.



**IMPORTANT:** Updates on some phones are simply few and far between and so, to be most secure, you may want to consider buying a phone which supports regular updates. This is especially important for Android phones. If you ask us, we recommend the Android One or Moto G!

### **Apps must be updated too!**

When you install apps on your smartphone, these apps are given permission to access your personal data. And, depending on the permissions given at the time of installation, some apps get A LOT of access. This is why it's important to keep your apps updated – because if they are compromised by attackers, A LOT of your personal information and communications can be stolen and the phone itself can be used to spy on you.

No matter how busy you are, make sure to keep your mobile phone software up-to-date too! Don't wait, Update!

**And Remember:** Updating apps does not prevent you from being spied on. Many apps can access data on your phone – sometimes even data not related to the function of the app itself.

Make sure to install apps only from trusted sources and be sure they are ones you really need. Installing every other app you come across, without being sure of their source or checking their permissions, is like inviting every stranger you see on the road into your home and into your personal conversations.

**Don't let bad apps ruin your party!**