



**Canadian Mental
Health Association**
Halifax-Dartmouth

GETTING THROUGH THE DIGITAL DOOR

iPhone Basics

The **Getting Through the Digital Door program** has been made possible by the following funders

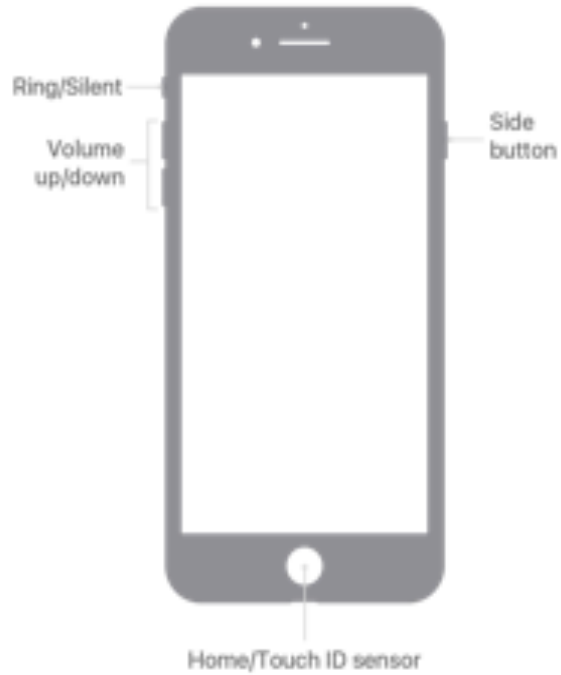

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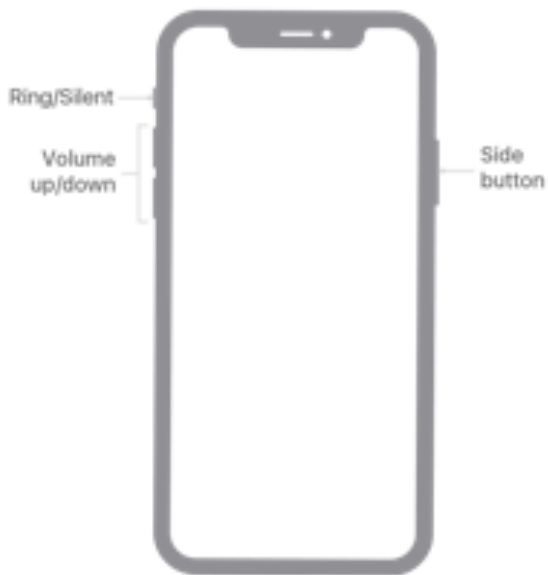
Learn about the buttons and switches on all the different iPhones.



iPhone 5s and SE (1st generation)



iPhone 8



iPhone X and later

These are three different versions of iPhones. Find the one that is similar to yours.



Sleep

On iPhone 6 and later, and on iPhone SE (3rd generation), press the side button to wake your iPhone or put it to sleep. On iPhone SE (1st generation) and earlier, press the top button.



Ring/Silent

Use the ring/silent switch to mute sounds and alerts.

If the switch shows orange, it means your iPhone is in silent mode and will vibrate for incoming calls or alerts. When in silent mode, the alarms you set in the Clock app will still sound, and calls from Favourite contacts will still ring.



Volume up/down

Use the volume up/down buttons to adjust the volume when listening to music, watching videos, or playing games.

When you press the buttons, you'll see the Volume under the indicator. When you're not using other apps, the buttons will adjust the ringer volume and you'll see Ringer under the indicator.



Home button/Touch ID

Use the Home button to unlock your device or make purchases using Touch ID. Press the Home button once to go to the Home screen. Press the Home button twice to bring up the App Switcher.



Restart

On iPhone X and later, and on iPhone SE (3rd generation), press and hold the side button and one of the volume buttons to restart your iPhone. On iPhone SE (2nd generation), 8, 7, or 6, press and hold the side button. On iPhone SE (1st generation) and earlier, press and hold the top button.



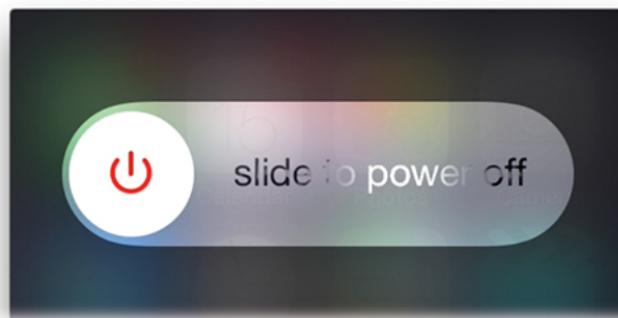
Siri


Press and hold the side button or Home button to use Siri.

The side button has several functions:

- Sleep/wake. Tapping it once puts the iPhone into Sleep mode, ready for incoming calls but consuming very little power. Tapping it again turns on the screen so it's ready for action.
- On/off. The same switch can also turn the iPhone off completely so it consumes no power at all; incoming calls get dumped into voicemail. You might turn the iPhone off whenever you're not going to use it for a few days.

To turn the iPhone off, hold down the side button for three seconds. The screen changes to say slide to power off.



Confirm your decision by placing a fingertip on the  and sliding to the right. The device shuts off completely.

iPHONE X and later

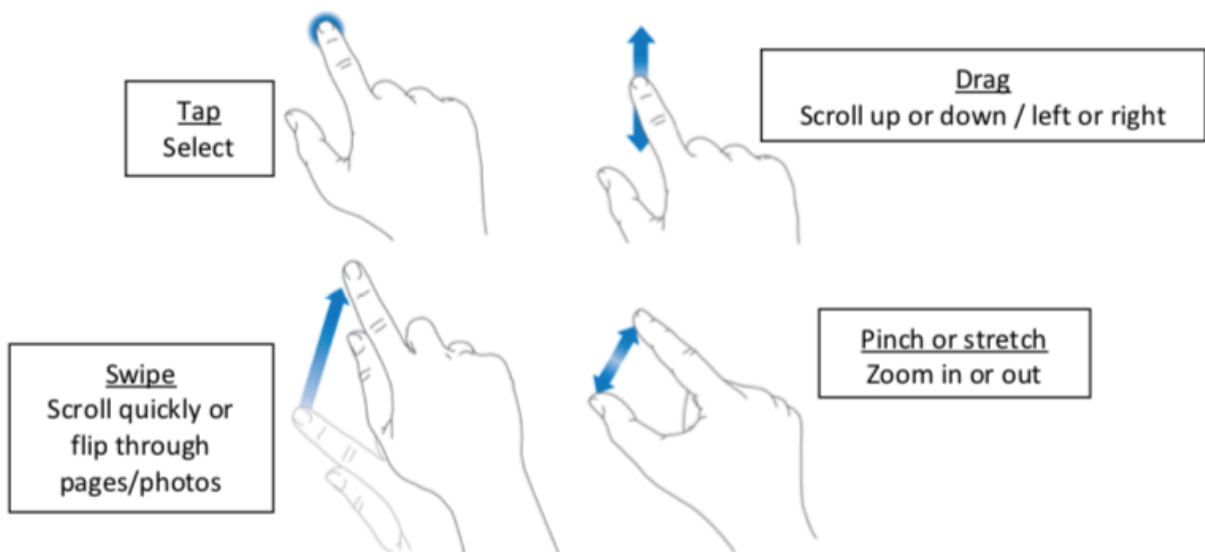
Hold down the side button and the volume-up button that's across from it. (Apple had to redefine this button press, since holding the side button by itself triggers Siri.)

If you change your mind about turning the iPhone off, then tap the Cancel button or do nothing; after a moment, the iPhone backs out of the slide to power off screen automatically.

To turn the iPhone back on, press the side button again for one second. The Apple logo appears as the phone boots up.

Learn basic gestures to interact with iPhone

Control iPhone and its apps using a few simple gestures—tap, touch and hold, swipe, scroll, and zoom.



Other gestures:

- Swipe left or right with 4-5 fingers to switch between apps
- Double tap the screen to zoom in on photos or webpages
- Swipe up with 4-5 fingers to view multi-task bar
- Double tap Home button to view multi-task bar

Home Button

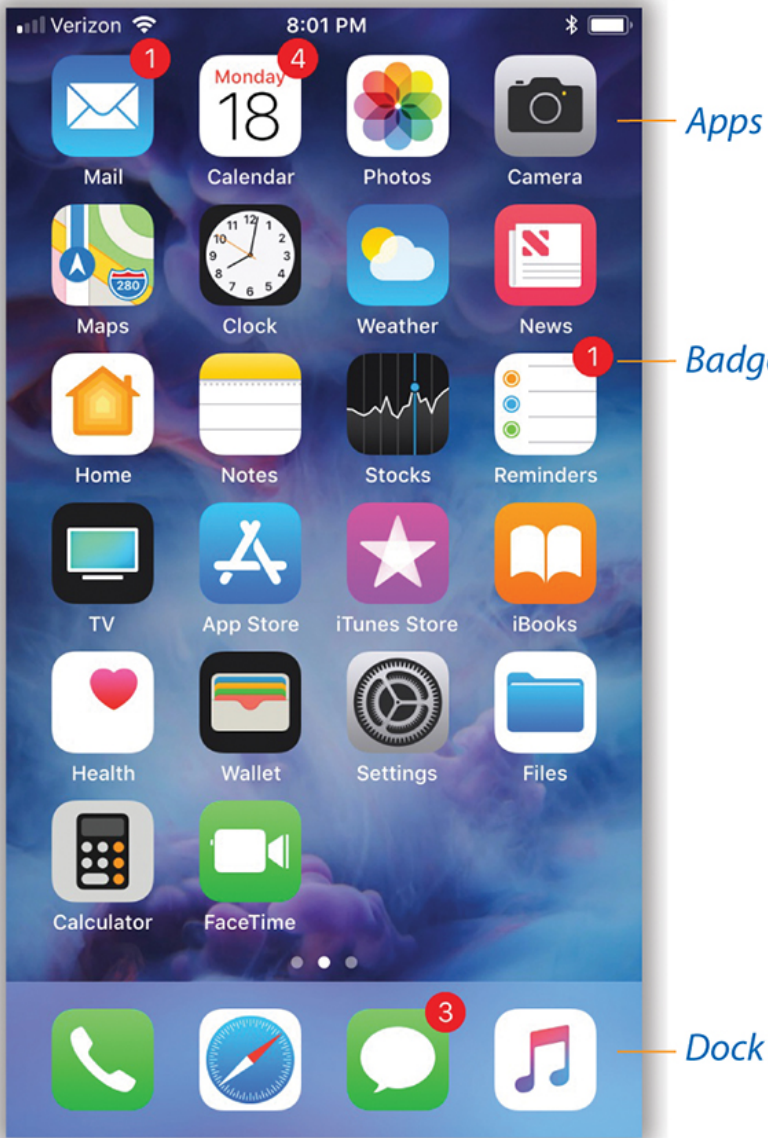
Here it is: the single button on the front of every iPhone ever made (until the iPhone X). Push it to summon the Home screen, your gateway to everything the iPhone can do.



One push of the home button takes you back to the beginning. (On the iPhone 7 and 8, this “button” doesn’t actually move, but it feels like it does)

iPHONE X and later

A swipe up from the bottom of the screen—it can be short and quick—performs the home-button function. (A black or white bar, technically called the *home indicator*, appears there to remind you.)



The Home Screen

The Home screen is the launching pad for every iPhone activity. It's what appears when you press the home button or swipe up on the screen (iPhone X).

It's such an essential software landmark, in fact, that a quick tour might be helpful:

- Icons. Each icon represents one of your iPhone apps (programs)—Mail, Maps, Camera, and so on—or a folder that you've made to *contain* some apps. Tap one to open that app or folder.

Your iPhone comes with a couple of dozen apps preinstalled by Apple; you can't remove them. The real fun, of course, comes when you download *more* apps from the App Store.

- Badges. Every now and then, you'll see a tiny red number "badge" (like **2**) on one of your app icons. It's telling you that something new awaits: new email, new text messages, new chat entries, new updates for the apps on your iPhone.

iPHONE X and later

Swipe a finger up from the bottom of the screen instead.

- The Dock. At the bottom of the Home screen, four permanent icons sit in a row on a light-coloured panel. This is the Dock—a place to park the most important icons on your iPhone. These, presumably, are the ones you use most often. Apple starts you off with the Phone, Mail, Safari, and Music icons there.



The bottom row is the Dock and it is always there



Silencer Switch, Volume Keys

This phone has a silencer switch! This tiny flipper, on the left edge near the top, means that no ringer or alert sound will ring when you don't want it to. To turn off the ringer, push the flipper toward the back of the phone.

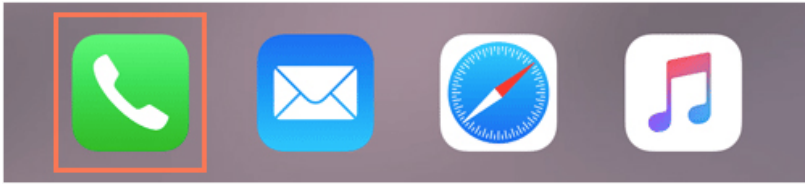
NOTE

Even when silenced, the iPhone still makes noise in certain circumstances: when an alarm goes off; when you're playing music; when you're using Find My iPhone ([Find My iPhone](#)); when you're using VoiceOver; or, sometimes, when a game is playing. Also, the phone still vibrates when the silencer is engaged, although you can turn that off in Settings → Sounds & Haptics.

If you want to get more help with your iPhone, consider going to Youtube and looking up iPhone Basics.

Using the phone App

You'll use the **Phone** app to make and receive calls on your iPhone. The phone app has several features to help you manage **incoming** calls and **outgoing** phone calls.

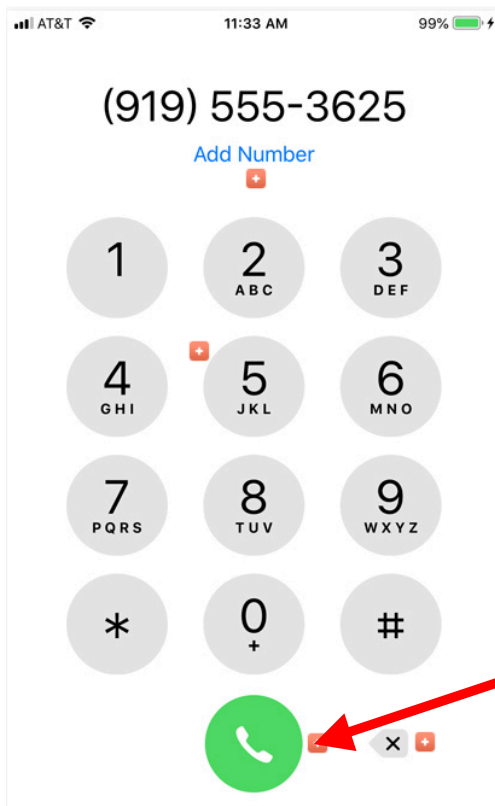


Making Calls

There are two ways to make a phone call from the Phone app. You can enter a phone number **manually** or you can call someone from your **Contacts**.

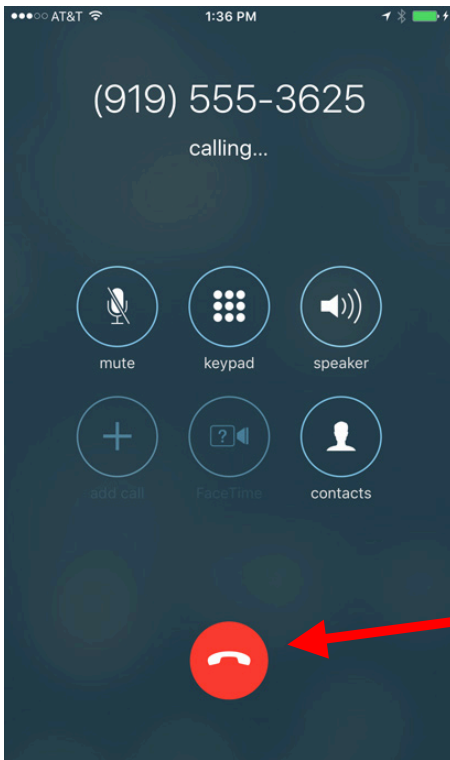
To dial a number:

1. Tap the **Phone** icon.
2. Press Keypad and Dial the number.
3. Tap Call to place the call.



Call Button

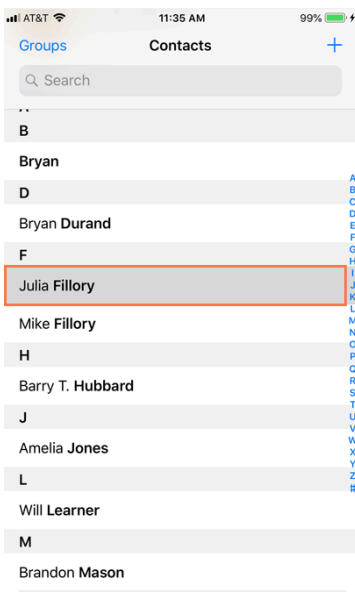
4. When the call is finished, tap the red **End** button to hang up.



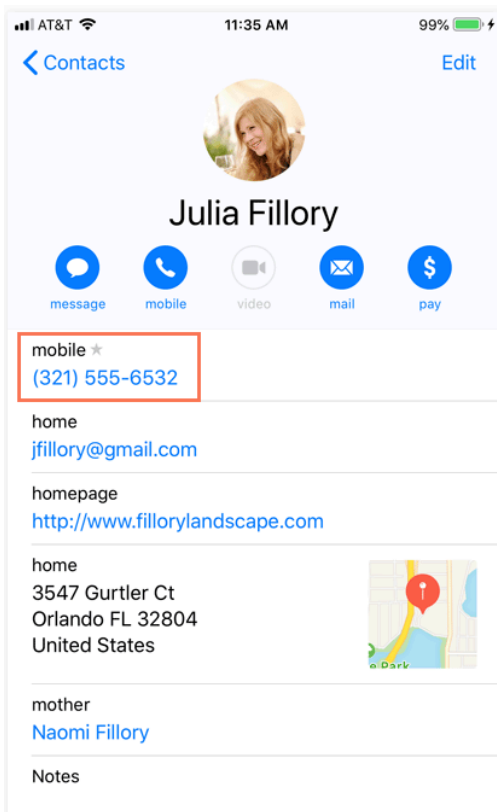
End button

To call a contact:

1. Tap the **Phone** icon on the Home screen.
2. Tap the **Contact** button below **Phone** icon.



3. Tap contact's **phone number** to place call.



4. When the call is finished, tap **End** to hang up.

Learning about a new iPhone takes practice. Follow the prompts whenever possible and remember where your *Settings* icon is.



Settings icon








There are many options under Settings below are some of the options.

11:24 ↶






Settings

-  Airplane Mode
-  Wi-Fi 192.168.1.1 >
-  Bluetooth On >
-  Cellular >
-  Personal Hotspot >

Where you find your Wi-Fi








-  Notifications >
-  Sounds & Haptics >
-  Focus >
-  Screen Time >

Turn Notifications on/off



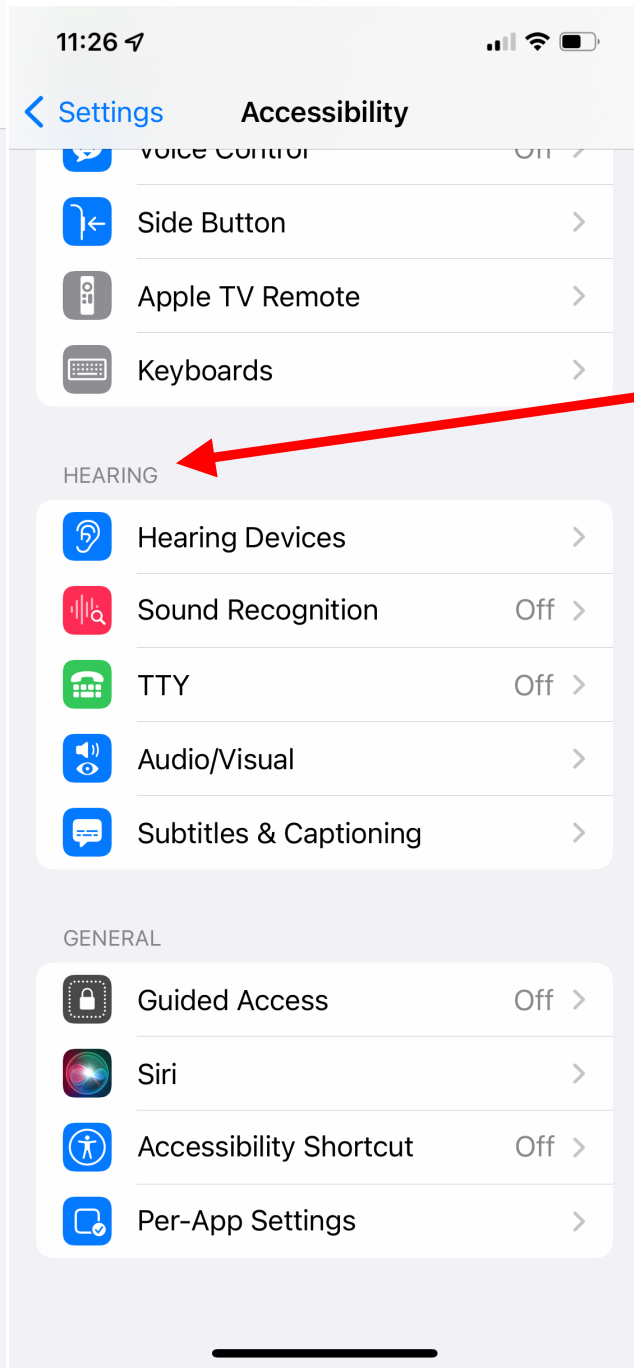
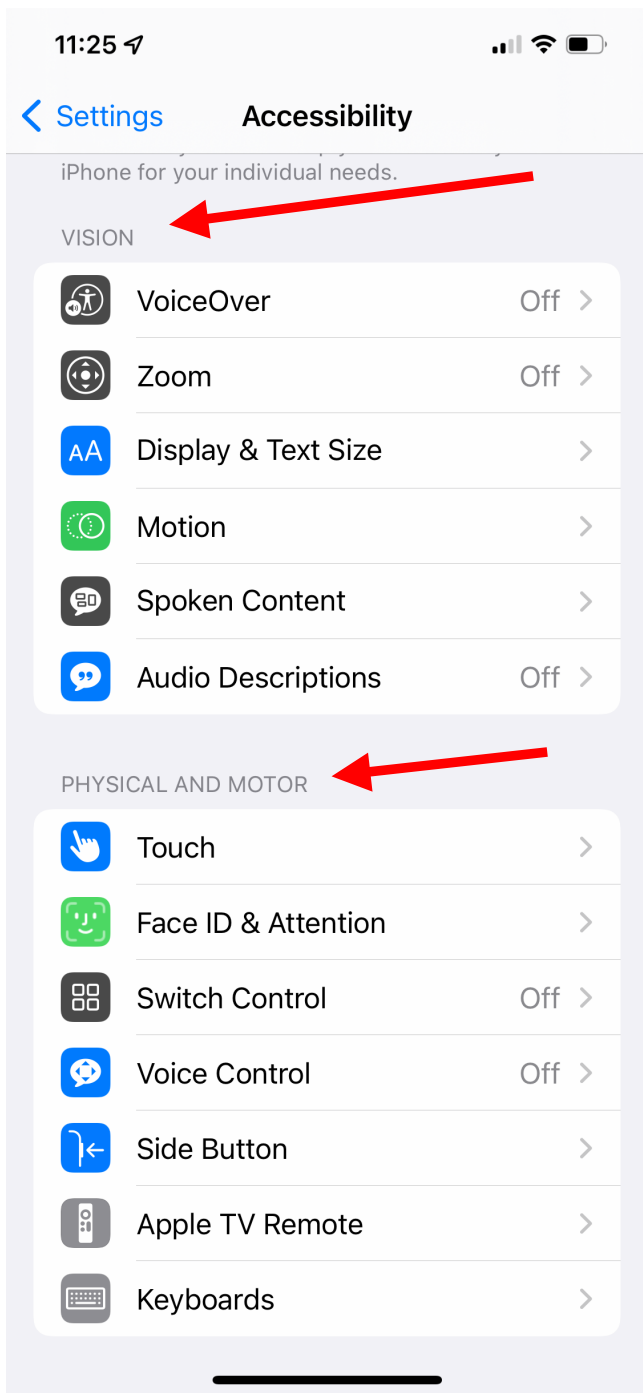
Adjust all phone sounds



-  General >
-  Control Center >
-  Display & Brightness >
-  Home Screen >
-  Accessibility >

Many different options for Accessibility





Check out all your Accessibility options and follow prompts.

11:24 ↶



Settings



More setting options

 Wallpaper >

 Siri & Search >

 Face ID & Passcode >

 Emergency SOS >

 Exposure Notifications >

 Battery >


 Privacy >


 App Store >

 Wallet & Apple Pay >

 Passwords >

 Mail >

 Contacts >

 Calendar >

 Notes >

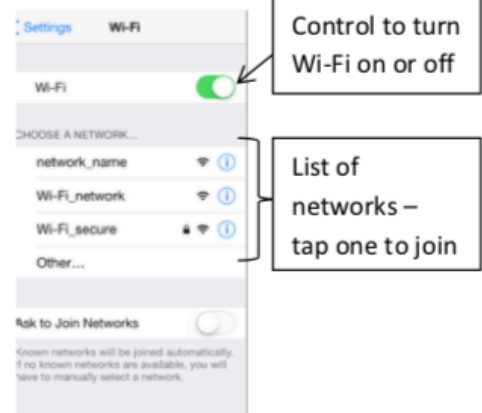
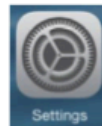
 Reminders >

Wi-Fi Connection

You will need to be connected to the internet to do most operations with an iPad. Once you connect to a network, the device will automatically connect to it whenever in range. If you purchased a 3G or 4G cellular plan with the device, it will connect via your data plan instead. 3G/4G plans allow you to connect to the internet regardless if you are in range of a Wi-Fi network, but they require a monthly fee like a cell phone plan.

To turn on Wi-Fi and join a network:

- Tap the Settings button on the home screen
- Once the settings open, tap Wi-Fi on the left pane
- Tap the control to turn Wi-Fi on. If the control is green, Wi-Fi is on.
- A list of available networks will automatically appear
- Tap a network to join. If the network is secure, it will automatically ask for a password.



We highly advise you to write down your Apple ID's information including the Email and Password on a piece of paper and save it somewhere handy.