

James J. Tedesco III, Bergen County Executive
and the Bergen County Board of Commissioners

Alternatives to Domestic Violence
Bergen County Department of Human Services



**ALTERNATIVES TO
DOMESTIC VIOLENCE**



APPLE IPHONE SAFETY CHECK

**What is iPhone Safety Check and what
are the requirements to access it?**

**Scan the
QR code
to access
ADV's
website**



What is iPhone Safety Check?

Safety Check on iPhone allows you to quickly stop sharing your information, or to review and update sharing with individual people and apps. You can:

- Check whom you're sharing information with
- Review and change devices connected to your Apple Account
- Reset system privacy permissions for apps
- Change your iPhone passcode
- Change your Apple Account password
- Make additional changes

What are the requirements?

- Have an iPhone with iOS 16 or later.
 - To find your iOS version, go to Settings > General > About.
 - To update from iOS 15.8.3 or earlier: Settings > General > Software Update. See [Update your Apple software](#) for additional options.
- Have an Apple Account that uses two-factor authentication.
- Be signed in to Settings > [Your Name] on your iPhone.

Note: You may notice differences in Safety Check if your iPhone has Stolen Device Protection turned on. For more information, see the Apple Support article [About Stolen Device Protection for iPhone](#).



SAFETY CONSIDERATIONS

Before you Begin Consider...

IMPORTANT: Plan for your safety.

- Before making changes or deleting information, consider potential impacts to your safety and privacy.
- Quick Exit helps you quickly protect your privacy. Tap Quick Exit to immediately close the Settings app and return to the Home Screen (top-right corner on all screens in Safety Check). Any changes you made before using Quick Exit are saved.
- To restart sharing with someone after using Safety Check, open the app or service you'd like to share information from and share that content again. Some apps or services notify you that you've resumed sharing information.

You can use Safety Check to check whom you're sharing information with, restrict Messages and FaceTime to your iPhone, reset system privacy permissions for apps, change your passcode, change your Apple Account password, and more.

If you want to restart sharing with someone after using Safety Check, open the app or service you'd like to share information from and share that content again.

If you have Stolen Device Protection turned on, Safety Check may work a little differently. To learn more about Stolen Device Protection, see the Apple Support article [About Stolen Device Protection for iPhone](#).

Note: If your iPhone has Screen Time restrictions turned on or has a mobile device management (MDM) profile installed, you can still use Safety Check but some options may not be available.

Safety Considerations:

- Before making changes or deleting information, keep in mind:
- You may want to record suspicious activity. See also [Obtain evidence related to another Apple Account](#).
- Changes you make to sharing or access may be noticed by others. Look for this icon throughout the guide for safety-related information you may want to consider before taking action.
- When you change a sharing relationship, you may lose access to tools and information that could be important to you.
- Apps developed by other companies (like Youtube or Instagram) have their own individual settings that Apple cannot control. See each individual app's directions to review, manage, or check whether those apps send notifications when altered. See [Third-party app settings](#) for more information.

HOW TO SPOT THE SIGNS OF TECH ABUSE

Questions to Ask:

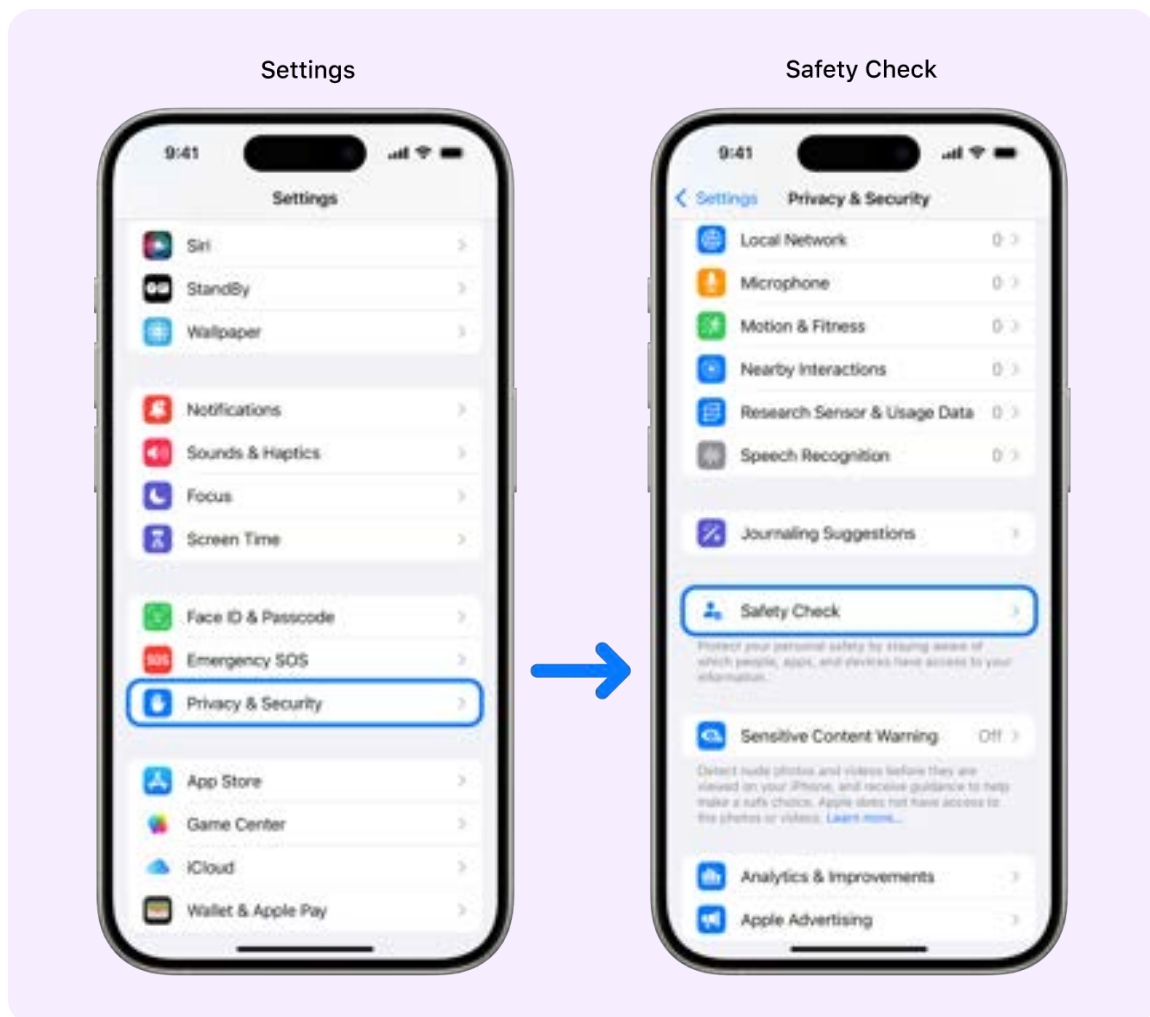
- Does your partner/abuser constantly call, text and message you online?
- Does your partner/abuser publish posts about you online which encourage others to harass and abuse you?
- Does your partner/abuser constantly call, message and send “friend requests” to your family and friends?
- Does your partner/abuser harass you, your employer and your clients through business social media pages and work email addresses?
- Has your partner/abuser threatened to share any information about you online such as confidential information, for example screenshots of messages, photos of you, or information that could cause you embarrassment?
- Has your partner/abuser threatened to share or shared intimate images of you?
- Does your partner/abuser seem to know about conversations that you have had without being present?
- Does your partner/abuser give the children the latest tech gadgets during child contact? Does he play Xbox and PlayStation games with them online outside of his agreed contact time?
- Does your partner/abuser have access to your banking and social media accounts, and assure you that it’s normal to have access to your partner’s information?
- Does your partner/abuser know your whereabouts or turn up unexpectedly wherever you go?
- Does your partner/abuser stalk and harass you via fake social media profiles?
- Has your partner/abuser installed any apps such as ‘find my iPhone’ onto your device? Did he assure you that it is for your safety in case you lose your phone?

HOW CAN I ACCESS SAFETY CHECK ON IPHONE?

Step 1:

Open Safety Check:

On your iPhone, go to Settings > Privacy & Security > Safety Check. (You may need to scroll down.)



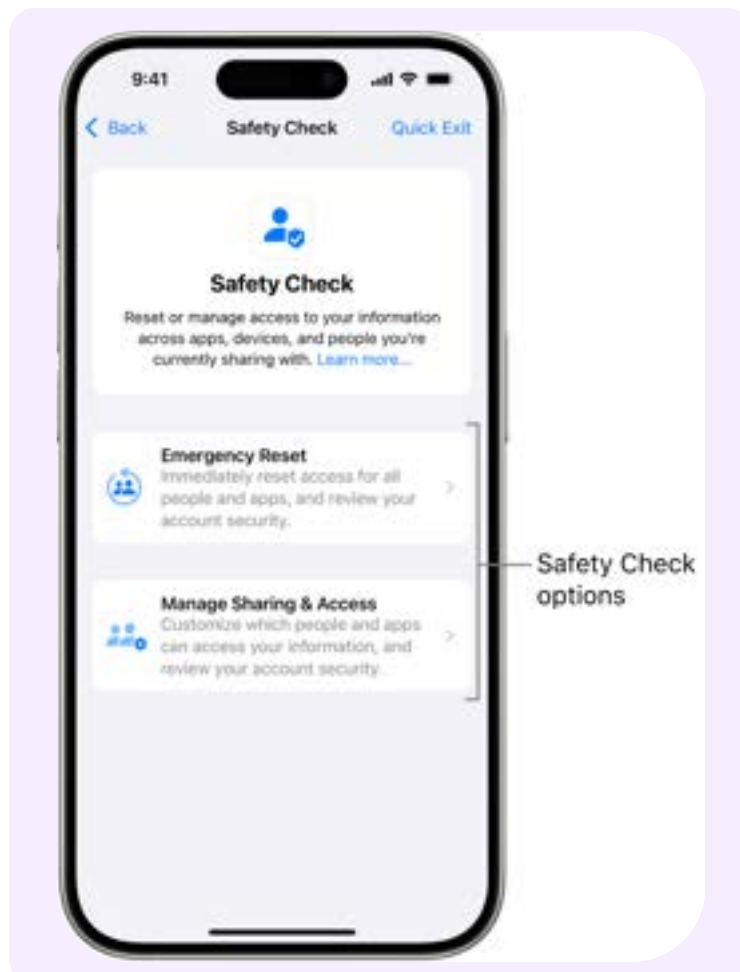
HOW CAN I ACCESS SAFETY CHECK ON IPHONE?

Step 2:

Choose an Option:

Safety Check offers two ways to manage sharing, access, and account security:

- *Emergency Reset*: Immediate and universal reset of sharing for all people and apps.
- *Manage Sharing & Access*: Review and customize sharing and access for individual people and apps.



HOW CAN I ACCESS SAFETY CHECK ON IPHONE?

Step 2a:

Emergency Reset:

Use Emergency Reset to:

- Quickly stop sharing with all people and apps (see the [Safety Check FAQ](#) for specifics).
- Review your emergency contacts.
- Review devices connected to your Apple Account.
- Review phone numbers used to verify your identity.
- Change your Apple Account password and review device and account security.



- Tap Emergency Reset, then follow the onscreen instructions. Progress is saved as you go.
- Note: If you have Stolen Device Protection turned on, Safety Check may work a little differently. To learn more about Stolen Device Protection, see the Apple Support article [About Stolen Device Protection for iPhone](#).



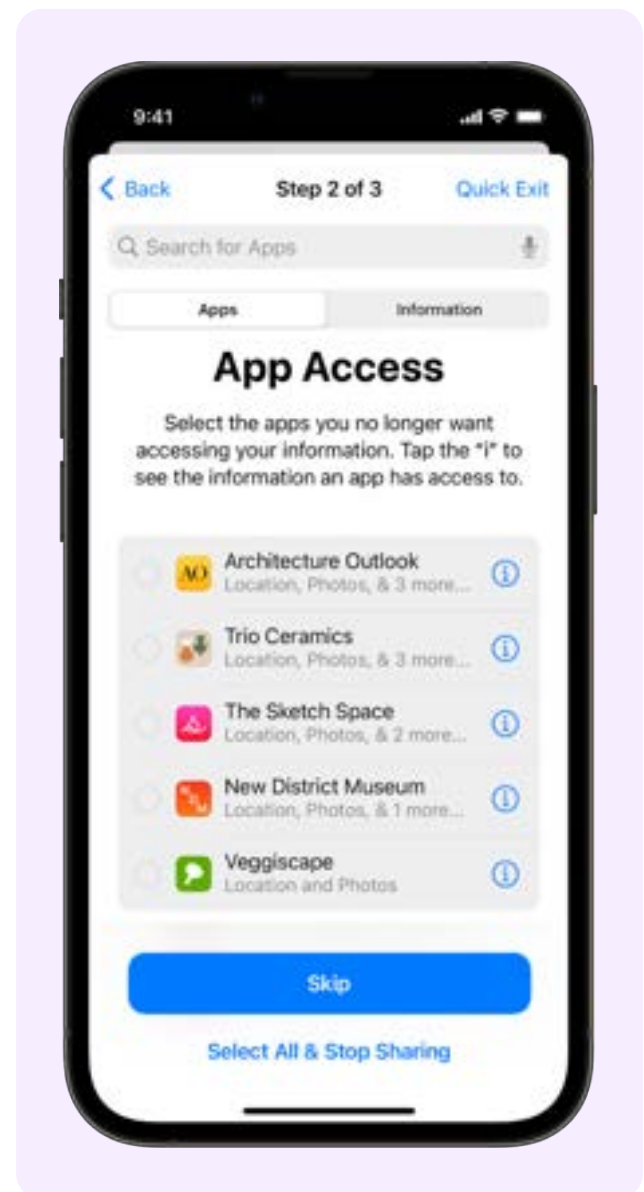
HOW CAN I ACCESS SAFETY CHECK ON IPHONE?

Step 2b:

Manage Sharing & Access:

The Manage Sharing & Access option helps you review and manage information you're sharing with people, the information that apps have access to, and update your device and Apple Account security. Follow these five steps:

1. *Tap Manage Sharing & Access.* (Your changes are saved as you go.)
2. To review and stop sharing information with other people, either:
 - *Tap People:* Select people in the list, review the information shared with people, then decide which information you want to stop sharing with selected people.
 - *Tap Information:* Select apps in the list, review the information shared with people, then decide which information you want to stop sharing with selected people. If certain Apple apps have been deleted, such as Fitness or Notes, you may need to redownload them to see what information you shared.
3. To review and stop sharing information with other apps, either:
 - *Tap Apps:* Select apps in the list, review the information shared with them, then decide which information you want to stop sharing with the selected apps.
 - *Tap Information:* Select the information being shared in the list, review the information shared with apps, then decide which information you want to stop sharing with the selected apps.



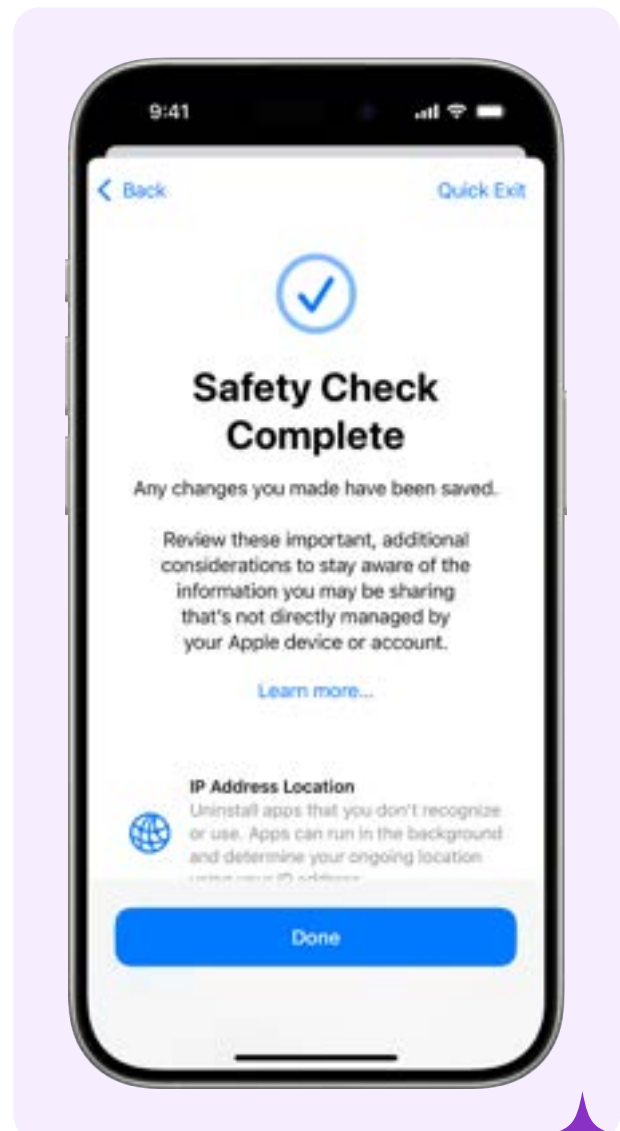
HOW CAN I ACCESS SAFETY CHECK ON IPHONE?

Step 2b continued:

Manage Sharing & Access:

4. Tap Continue, then do any of the following:
 - Review and remove devices connected to your Apple Account.
 - Review and update phone numbers used to verify your identity.
 - Update your Apple Account password.
 - Add or update your emergency contacts.
 - Update your device passcode, or your Face ID or Touch ID information.
 - If you have synced computers, you can review and remove them (iOS 17 or later only).
 - If you have computers with iPhone Mirroring set up, you can review and remove them (iOS 18 or later only).
 - If you have iCloud+ and haven't yet turned on Private Relay, you can do so now (iOS 17 or later only).
5. Tap Done.
6. When you've finished, go to the next task to verify that you've stopped sharing.

IMPORTANT: Review additional steps to learn about tips for protecting your private information beyond Safety Check.



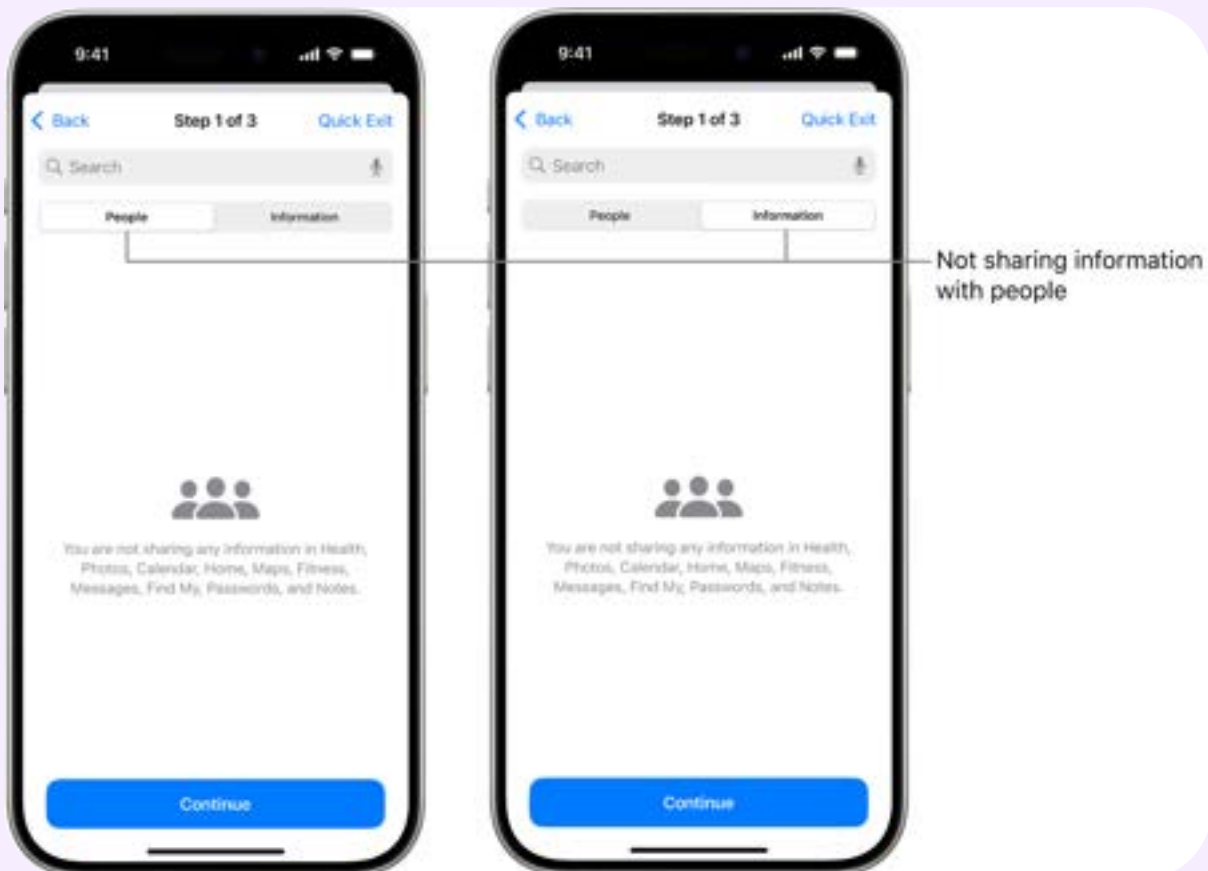
HOW CAN I ACCESS SAFETY CHECK ON IPHONE?

Step 3:

Verify your Changes:

After using Safety Check, you can confirm any changes you made to your sharing options using these 4 steps.

1. Tap the Back button (or you can quit and reopen Safety Check).
2. Verify that your intended changes have been made relating to the information you're sharing with people.

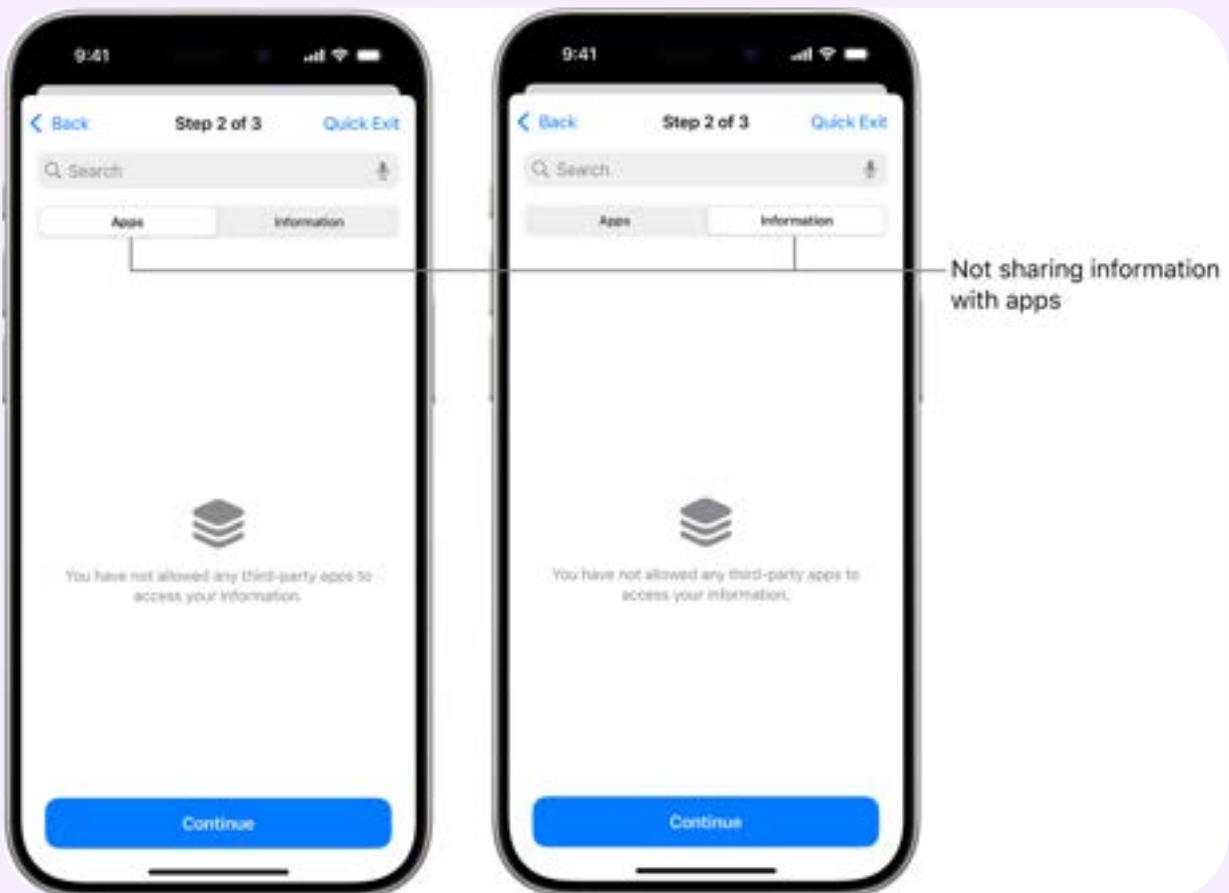


HOW CAN I ACCESS SAFETY CHECK ON IPHONE?

Step 3:

Verify your Changes:

3. Verify that your intended changes have been made relating to the information you're sharing with apps.



HOW CAN I ACCESS SAFETY CHECK ON IPHONE?

Step 3:

Verify your Changes:

4. Verify any account changes you made to:
- Devices connected to your Apple Account.
 - Phone numbers used to verify your identity.



HOW CAN I ACCESS SAFETY CHECK ON IPHONE?

Step 3:

Verify your Changes:

5. Verify any account changes you made to:
- Emergency contacts you added or changed.
 - Synced computers you removed.



BEYOND SAFETY CHECK

Safety Check can't review or change some types of shared information, including:

- Non-Apple accounts and passwords.
- Social media sharing.
- Devices where you're signed in to a different Apple Account.
- An iPad or Mac with information sharing settings turned on for other apps.

