

Backing up your phone

Easy · 10 min to set up; the first backup can take hours · Free up to the storage limit; more storage costs extra

Turn on automatic backup tonight so a lost, stolen or broken phone doesn't take your photos, contacts and messages with it. On iPhone it's iCloud Backup, which runs when the phone is locked, charging and on Wi-Fi. On Android it's Google backup, with 15 GB free. Run one backup by hand, confirm the date, and turn on your phone's find-my-phone feature. Lock the phone with at least a 6-digit passcode.

YOU'LL NEED

- ☐ Wi-Fi and a charger
- ☐ Your Apple ID or Google account password

WHAT TO KNOW

- 1 **iPhone: open Settings, tap your name, then iCloud, then iCloud Backup, and make sure Back Up This iPhone is on.**
- 2 **iPhone automatic backups happen when the phone is plugged in, on Wi-Fi and locked, so overnight charging covers it.**
- 3 **Android: open Settings, tap Google, then All services, and turn Backup on.** Pick what to include: photos and videos, device data, or both. Menus vary by phone and Android version.
- 4 **Run one backup now.** On iPhone, tap Back Up Now and stay on Wi-Fi until it finishes; the date and time of the last backup appears underneath. On Android, tap Back up now under Backup and restore.
- 5 **Turn on the find-my-phone feature in your settings.** It helps you find, lock or erase a lost or stolen phone.
- 6 **Lock your phone with at least a 6-digit passcode.** On Android, a PIN, pattern or password also helps protect your backed-up data; a swipe doesn't.
- 7 **Set your phone and apps to update automatically.** Updates often include critical security fixes.

Watch out Free storage runs out. Google gives 15 GB at no charge, then you'd need more storage. On iPhone, you'll get an alert if iCloud doesn't have enough space to finish. Check the last backup date every month or so.

DAD NOTE *Your photos are worth more than the phone. Back them up tonight.*

Full lesson: aptkeys.com/tools/files-and-backups/backing-up-your-phone/

Checked October 2, 2026. Sources: Apple; Google; Federal Trade Commission.