

The Bottom Line

Even apps and services you trust are collecting more data than you realize.

\$95M+

in fines paid by Apple, Google, Meta,
TikTok, LinkedIn, and DoorDash for
privacy violations—just in 2024-2025

Your data is valuable. Companies will push boundaries to collect it.

Stay informed. Review settings regularly. Take control.

iOS Security Features You Should Know

Auto-Restart After 3 Days (NEW!)

If your iPhone isn't unlocked for 3 days, it automatically restarts. This puts it in a "Before First Unlock" state—the most secure mode possible. Great for seized or stolen devices.

Stolen Device Protection

- Requires Face ID or Touch ID for critical changes when away from home/work
- Adds 1-hour delay before disabling Find My or changing passwords
- Gives you time to mark device as lost

Lockdown Mode

- Extreme protection for high-risk individuals
- Blocks most attachments and link previews
- Disables FaceTime calls from unknown numbers
- Limits JavaScript and fonts

Enable these in: Settings → Privacy & Security