Sure! Here's a simple and beginner-friendly guide on how to **turn on 2FA (Two-Factor Authentication) for Gmail** using clear and plain English.

**How to Turn On 2FA for Gmail**

**Two-Factor Authentication (2FA)** adds an **extra layer of security** to your Gmail account. Even if someone knows your **password**, they cannot sign in without a **second code** sent to your phone.

Follow these steps to turn it on:

**Step 1: Go to Your Google Account Settings**

* Open your **web browser** and go to [https://myaccount.google.com](https://myaccount.google.com/)
* **Sign in** to your **Gmail/Google account** if you're not already logged in

**Step 2: Open the Security Settings**

* On the left-hand side, click on **Security**
* Scroll down to the section called **“Signing in to Google”**

**Step 3: Turn On 2-Step Verification**

* Find **2-Step Verification** and click on **"Get Started"**
* You may be asked to **enter your password** again for security

**Step 4: Choose Your Verification Method**

* **Google will suggest your phone** for verification
* Click **Continue**
* You’ll receive a **prompt on your phone** – tap **Yes** to approve

**Step 5: Set a Backup Option (Optional but Recommended)**

* If asked, you can add a **backup phone number** or choose to get **codes via text message (SMS)** or **phone call**
* You can also set up an **Authenticator App** (like Google Authenticator) for added security

**Step 6: Turn It On**

* Once you finish the setup, click **“Turn On”** to activate 2FA for your account

**Next Time You Sign In**

* You will enter your **email and password** as usual
* Then you’ll need to **approve the sign-in on your phone** or enter a **verification code**

**Tips**

* **Always keep your phone with you** to complete the second step
* Add a **backup method** in case you lose access to your main phone
* If you change your phone number, **update it** in your account settings

By turning on 2FA, your Gmail becomes **much more secure**, and it helps protect your emails and personal information from hackers.

Would you like a printable version of this guide or step-by-step screenshots?