THE PROOF SERIES

Phone Proof

A Senior's Simple Guide to Your Android and Samsung Phone



PROUDLY CANADIAN

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FREE SAMPLE CHAPTER

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CHAPTER 1

Meet Your Phone

A Galaxy phone has many talents, but you only need a few moves to begin.

IN THIS CHAPTER

- Find the important buttons
- Learn the four basic gestures
- Use the Home screen, Quick settings, and notifications

PRACTICAL LESSON

Tour of the Phone

Hold the phone upright with the screen facing you. The exact shape varies, but the main parts are familiar.

Diagram labels: front camera, Side key

1. The front camera is usually a small circle near the top of the screen.

2. The side key wakes or locks the phone. On some models, holding it opens an assistant; the power menu may require Side key + Volume Down.

3. The volume keys raise or lower sound. The charging port is along the bottom edge.

4. Speakers, microphones, cameras, and the SIM tray are small openings. Do not poke them with a pin unless your manual identifies the SIM tray.

Figure: the four things to notice on this screen. Labels shown: volume, charging port

! **LOOK CLOSELY:** If your case hides a button, remove the case briefly and look along both edges.

PRACTICAL LESSON

Charge Without Guessing

Use a compatible cable and charger. The connector should slide in gently; force is not a charging method.

Diagram labels: battery, charging

1. Plug the charger into a safe wall outlet.
2. Insert the cable into the phone without twisting.
3. Look for the battery symbol or charging message.
4. Leave the phone on a dry, hard surface while charging. Unplug by holding the plug, not pulling the cord.

Figure: the four things to notice on this screen. Labels shown: cable, power

! **SAFETY FIRST:** A slow charge often means a weak charger, damaged cable, debris in the port, or heavy phone use. If the phone becomes unusually hot, unplug it and let it cool.

PRACTICAL LESSON

Turn On, Wake, Lock, and Power Off

These four actions sound alike but do different jobs.

Diagram labels: wake

1. Turn on: hold the Side key until the Samsung or carrier screen appears.

2. Wake: press the Side key once, or tap the screen if that feature is enabled.

3. Lock: press the Side key once. Locking turns off the display but does not power off the phone.

4. Power off: open the Quick panel and tap the power symbol, or use the button combination shown by your model.

Figure: the four things to notice on this screen. Labels shown: lock, restart, power off

! **STAY CALM:** If the phone will not respond, hold Side key + Volume Down for about 7-10 seconds to attempt a forced restart. This does not normally erase your data.

PRACTICAL LESSON

SIM, eSIM, and Mobile Service

Your carrier connects the phone to calls, texts, and mobile data. That service may use a small SIM card or a digital eSIM.

Diagram labels: signal, Wi-Fi

1. Do not remove the SIM while the phone is updating or transferring data.

2. If you see “No SIM” or “Emergency calls only,” restart once and check Airplane mode.

3. For a physical SIM, follow your exact model manual before opening a tray.

4. For eSIM setup, use the carrier’s instructions or ask the carrier to activate it.

Figure: the four things to notice on this screen. Labels shown: mobile data, SIM

! **PLAIN ENGLISH:** A SIM stores service identity, not your entire phone. Removing it does not automatically erase photos or apps.

PRACTICAL LESSON

Unlock the Screen

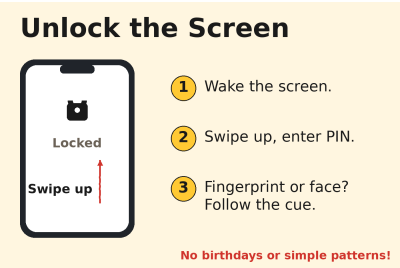
A screen lock keeps casual snoops out and protects you if the phone is lost.

Diagram labels: locked

1. Wake the screen.
2. Swipe as shown, then enter your PIN, pattern, or password.
3. If fingerprint or face unlock is enabled, follow the on-screen cue.
4. Remember your PIN even if biometrics work; the phone will still ask for it after a restart or at security checks.

Figure: the four things to notice on this screen. Labels shown: PIN, fingerprint, private

! **SECURITY HABIT:** Use a PIN that is not a birthday, address, or simple pattern. Never tell an unexpected caller your PIN.



PRACTICAL LESSON

Four Gestures Do Most of the Work

Practice these movements slowly. A light touch is enough.

Diagram labels: tap

1. Tap: touch once to choose.
2. Touch and hold: keep your finger still to reveal more choices.
3. Swipe: touch and slide to move a page or open a panel.
4. Pinch: place two fingers on the screen and move them apart to zoom in, or together to zoom out.

Figure: the four things to notice on this screen. Labels shown: hold, swipe, pinch

! **TRY IT:** If the screen does something odd, lift your finger and try again. Phones are remarkably forgiving; they have met thumbs before.

PRACTICAL LESSON

Navigation: Back, Home, and Recent Apps

Your phone may use three buttons at the bottom or swipe gestures. Both systems do the same basic jobs.



Diagram labels: Back, Home

1. Back returns to the previous screen.
2. Home returns to the main Home screen.
3. Recent apps shows what you opened recently. Swipe an app away to close its card, but constant closing is not necessary.
4. To choose buttons or gestures, search Settings for “Navigation bar.”

Figure: the four things to notice on this screen. Labels shown: Recent, start again

! **FRUSTRATION-PROOF MOVE:** If you are lost, go Home. It is the digital version of returning to the kitchen and starting again.

PRACTICAL LESSON

The Home Screen

The Home screen is your launching place, not a filing cabinet you must fill.

Diagram labels: Phone

1. Tap an app icon to open it.

2. Swipe left or right to move between Home screen pages.

3. Touch and hold an empty area to change wallpaper, widgets, or screen layout.

4. Touch and hold an app, then drag it to move it. Removing an icon from Home usually does not uninstall the app.

Figure: the four things to notice on this screen. Labels shown: Messages, Camera, Gallery

! **MAKE IT YOURS:** Keep only your most-used apps on the first page: Phone, Messages, Camera, Contacts, and Photos or Gallery.

PRACTICAL LESSON

Find Any App

The Apps screen holds the full list, even when an icon is not on Home.

Diagram labels: search

1. Swipe up from the Home screen to open Apps.
2. Use the search box and type part of the app name.
3. Tap the app to open it.
4. To add it to Home, touch and hold the icon, then choose Add to Home or drag it.

Figure: the four things to notice on this screen. Labels shown: all apps, touch & hold, open

! **QUICK WIN:** If an app seems missing, search before reinstalling it. The app may simply be on another page or inside a folder.

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