



RGE Tech Tips from the Field – Client Edition

Topic: Part 1 Intro to iPhone 101 Part 1 : Seminar Handout

iPhone 101 – Getting Comfortable with Your iPhone (Part 1)

Friendly guidance you can read at your own pace — no pressure, no memorizing required.

First Things First: You're Not Behind

If your iPhone ever feels confusing, slow, or “too much,” here's the truth:

- You're not doing anything wrong
- Your phone isn't broken
- You're simply learning the layout — not memorizing instructions

Think of this like walking into a new grocery store.
Same food. Different aisles.

The Most Important Rule (Really)

You cannot Break Your iPhone by exploring

Let's clear the air right away:

- You cannot damage your iPhone by tapping the wrong thing
- You won't erase anything by accident
- There is **no hidden self-destruct button**

If something unexpected happens, it can almost always be undone.

RGE Reminder:

Curiosity is safe. Panic is optional.

Your One Always-Safe Move

If you remember *nothing* else, remember this:

Swipe up (or press the Home button on older phones)



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- This always brings you back to a safe starting point
- Lost? Confused? Just curious where you are?
- **Go Home.** It's never the wrong move.

Think of the Home screen as your kitchen table — no matter where you wander, you can always come back.

The Big Three Touch Moves

You only need three gestures right now:

- **Tap** → choose something
- **Swipe** → move around
- **Scroll** → see more below

Gentle works.

No hard presses. No speed trials. No penalties for “wrong taps.”

Buttons That Matter (For Now)

Let's keep this simple:

- **Side button** → wake or lock the phone
- **Volume buttons** → louder or quieter
- **Home button** (older phones) → always brings you back

That's it.

Ignore the rest for now — they'll wait.

Safe vs. Pause-and-Ask

✓ Always Safe to Do

- Tap around inside apps



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- Swipe, scroll, explore
- Go home if things look odd

⚠ Pause & Ask for Help

- Anything labeled **Reset**, **Erase**, or **Factory**
- Apple ID or password changes
- iCloud, storage, or account warnings

Stopping isn't failure — it's good judgment.

If Something Looks Strange

Before assuming anything is wrong:

1. Pause
2. Read the screen
3. Go Home
4. Try again

Nine times out of ten, that's all it takes.

Waking It Up & Putting It to Sleep

- A quick press of the side button wakes the screen
- Another quick press locks it again

Think of this like turning a TV on and off — **not** rebooting the cable box.

Opening & Closing Apps (Good News!)

- Tap an app once to open it



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- Apps do **not** need to be constantly closed
- Your iPhone manages them quietly in the background

Good news:

You don't have to babysit this thing.

Sound, Silence & “Why Is It Quiet?”

- Side buttons control volume
- Some models have a silent/mute switch
- If sound disappears, it's usually a setting — not a failure

Phones go quiet far more often than they “break.”

Charging Basics (No Drama Required)

- Plug in when convenient
- Overnight charging is fine
- You don't need to run the battery to zero

Modern iPhones are smarter than they look — and far less fragile than they appear.

Confidence Checkpoint ✓

By now, you should feel comfortable:

- Waking the phone
- Moving around the screen
- Getting back Home safely
- Knowing you can't “mess it up.”

That's a big win.



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Ready for the Next Step? (Recommended)

This handout is designed to get you comfortable — but **nothing beats one-on-one guidance**.

We strongly recommend booking a **Tech Tuesday appointment** to:

- Get personalized, hands-on iPhone coaching
- Ask questions that didn't come up here
- Revisit topics that need a second look
- Clear up *any* remaining “I think I get it... but not quite” moments

Everyone learns differently, and that's expected.

Tech Tuesday sessions give you the time and space to **close any understanding gaps — clearly and completely** — at your own pace.

No rushing.

No pressure.

Just friendly, plain-English help.