



# iPhone 101: Getting Comfortable with Your iPhone – Part 1

**A beginner-friendly session**



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# Welcome, Cromwell Senior Center (CSC) Members

A friendly, practical introduction to iPhone 101 – Part 1  
— no jargon, no pressure, and no tests!



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## Meet Jim Kallaugher: **CSC Member & Volunteer**



### Red Glen Electronics

Founder and operator, with friendly “**Home Tech Help for Hire**” for Boomers.



### Weekly Tech Tuesdays

**Volunteer tech support** and guidance to community members on Tuesday afternoons.



### Monthly Tech Presentations

Conduct **tech topic seminars** for better understanding & to encourage confidence

**With 25+ years of experience making technology clear, simple, and accessible.**



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# You're Not Behind

Phones changed faster than people

Confusion is normal

Timing, not intelligence

Let's start with the most important point of the day: you are not behind. Phones changed at warp speed, and humans... did not. Confusion is the expected reaction, not a personal shortcoming.



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# How Today Works

## Presentation-based

Today is a sit-back-and-relax session. You don't need to touch your phone unless you want to.

## No phone use required

There's no pressure to follow along on your device right now.

## Handouts provided

You'll get handouts so there's no pressure to remember everything right now.



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# What We'll Cover Today

Basics only

No deep  
settings

No app  
overload

We're sticking to the basics — the things you actually use. No deep settings, no rabbit holes, and nothing that makes your shoulders tense up.



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# Meet Your iPhone

- Screen
- Side button
- Volume buttons
- Ring/Silent switch (if present)

Every phone looks mysterious until you name the parts. Once you know what these buttons actually do, the phone starts to feel a lot less intimidating.



# Power vs. Wake

Powering off  $\neq$  waking the screen

Waking the screen is like glancing at a watch.

Two very different actions

Powering off is like shutting the house down for the night. Very different things.

This is one of the biggest sources of confusion.



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# Turning the Phone Off Safely

01

## Side button + volume

Press and hold both buttons together

02

## Swipe to power off

Slide the power off slider to the right

 **Important:** Turning your phone off is safe. It won't erase anything, it won't break anything, and Apple will not send someone to your house.



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# Charging Basics

## Cable fits one way

If it takes a couple tries to plug the cable in... welcome to the club.

## Lightning bolt = charging

If you see the lightning bolt, you're doing it right.



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# Silent Switch Explained

## Orange showing = silent

If your phone ever "stopped ringing," this switch is usually the culprit.

## Phone still works

Orange means silent — not broken, not angry, just quiet.



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# Touch Gestures



Tap

Quick touch to select or open



Swipe

Slide your finger to scroll or navigate



Press and hold

Touch and wait for options

These three gestures are about 90% of iPhone use. If you can tap, swipe, and hold, you're already ahead of the game.

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## Scrolling Without Fear

**You can't break anything**

Scrolling is safe. There is no edge of the internet.

**You can always scroll back**

You can't fall off, and nothing bad happens if you scroll too far.



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# The Back Button Mystery



Top-left arrow

Look for the arrow in the upper left corner



Edge swipe

Swipe from the left edge of the screen

Apple doesn't label the back button clearly, which keeps life interesting. The arrow and the edge swipe are your escape hatches.



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# Control Center

## Quick-access controls

Think of Control Center as your phone's tool tray.

## Swipe down from top-right

Instead of digging through menus, you grab what you need quickly.



# Common Control Center Icons



Flashlight

Instant light when you need it



Volume

Quick sound adjustments



Wi-Fi

Connect to wireless networks

These are the greatest hits — the controls people use every day. Nothing fancy, just useful.



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# The Phone App

1

## Keypad

Dial numbers directly



## Recents

See your call history



## Voicemail

Listen to messages

Yes, it's still a phone. And it still does phone things surprisingly well.



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# Making a Call

1

Dial

Enter the phone number using the keypad

2

Tap Call

Press the green call button

This part hasn't changed much in decades — and that's a good thing.

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# Answering a Call

Swipe or tap

Depending on how the call comes in, you'll swipe or tap.

Speakerphone basics

We'll also talk about speakerphone so you don't accidentally broadcast your life story.

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# Ending a Call

 Red button

That big red button? It's there for a reason. You are absolutely allowed to use it.



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# Voicemail Explained

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## Visual voicemail

You no longer have to listen to voicemails in order. It's one of the quiet victories of modern technology.

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## Any order playback

Choose which message to listen to first

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# Common Call Confusions

- Missed calls
- Accidental speaker use

If any of these have happened to you, congratulations — you're officially human.



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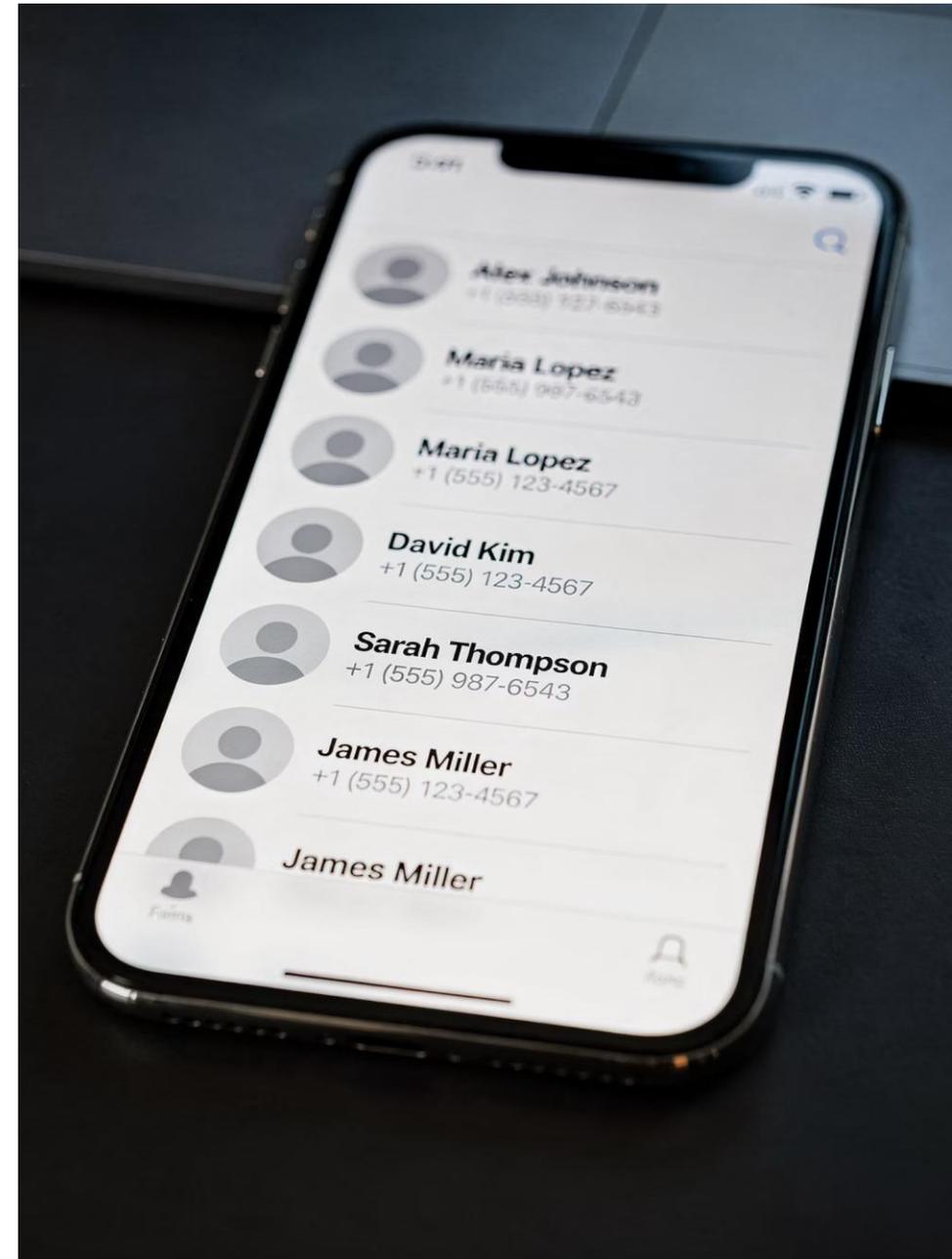
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# What Contacts Are

- Digital address book



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# Viewing a Contact

Call

Text

Email



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# Adding a Contact



- Name
- Number
- Optional email

**Speaker Notes:** You don't need to fill in every field. Less is more.

# Editing Contacts

Safe to fix mistakes



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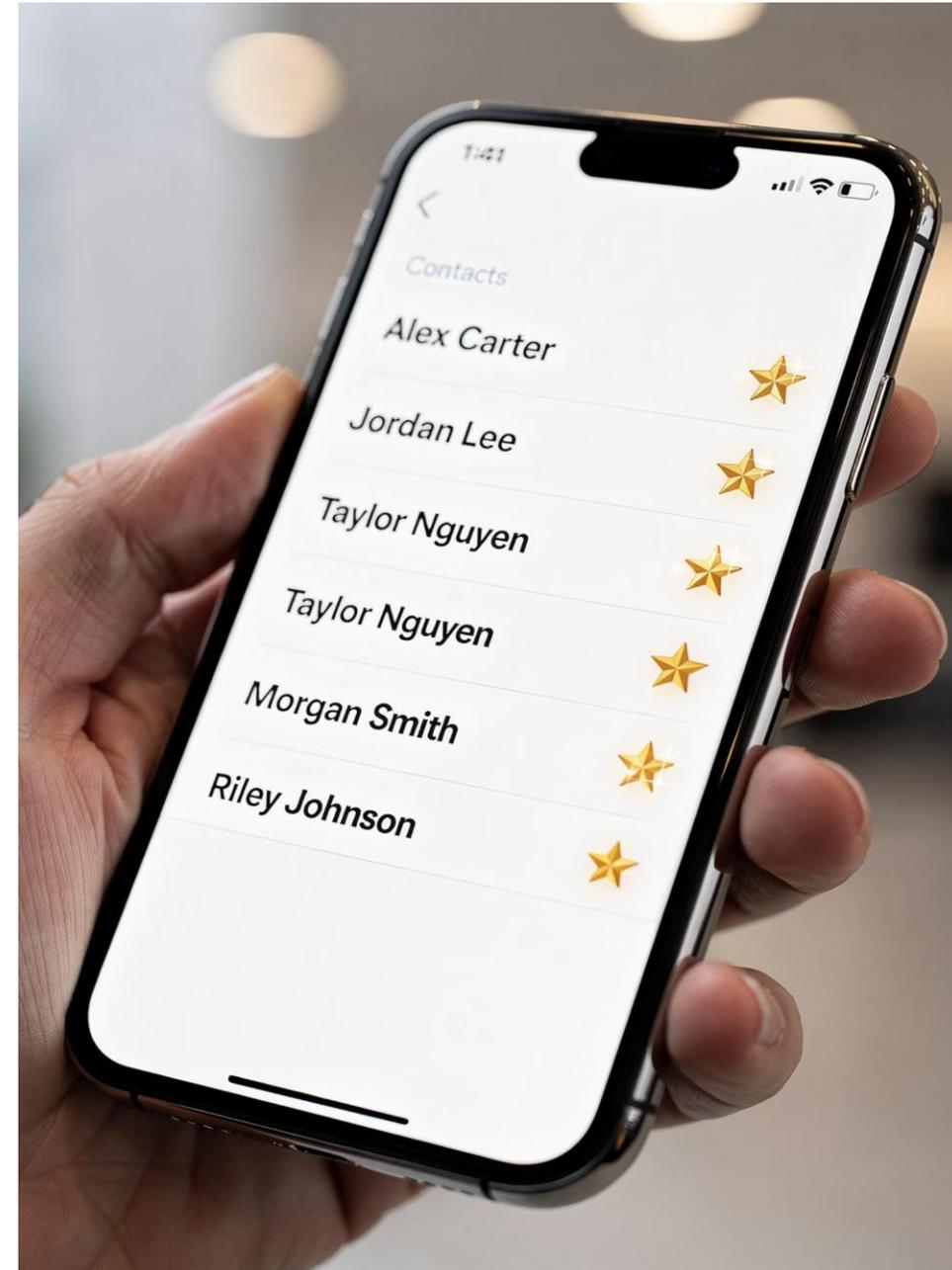
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# Favorites

- One-tap calling
- Emergency-friendly



# Contact Safety Tip

 Don't delete unless sure



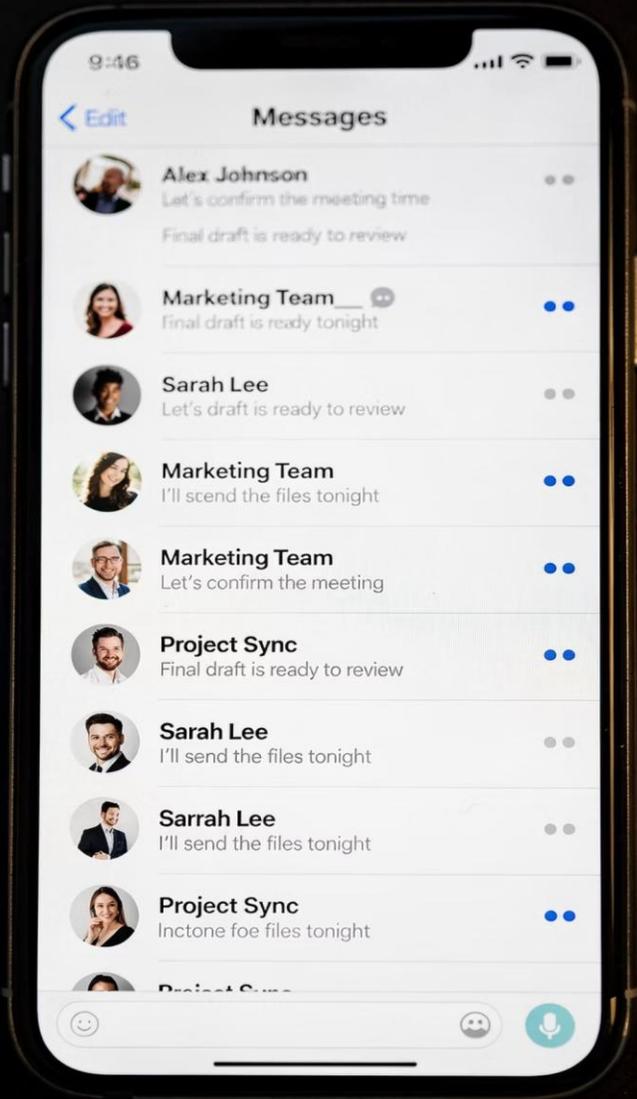
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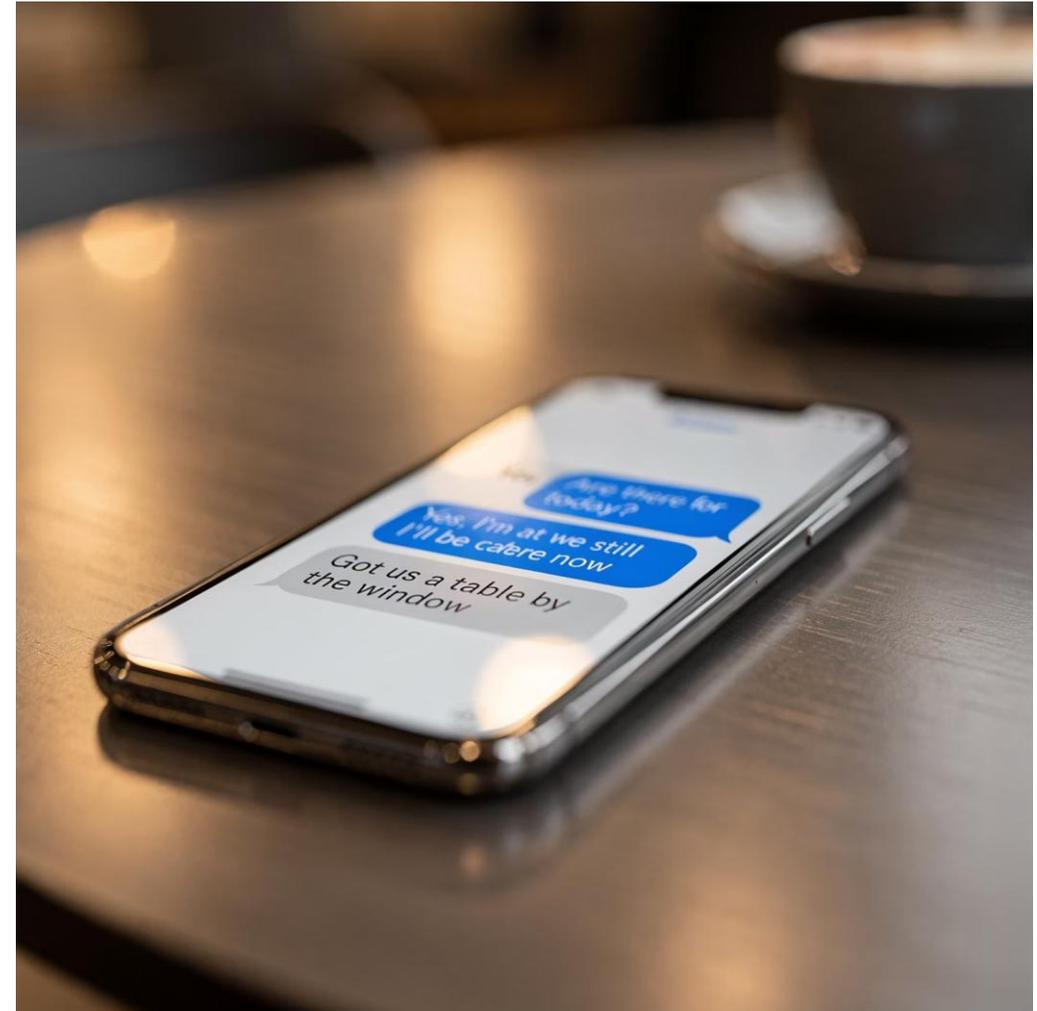


# Messages App Overview

- Conversation threads

# Reading a Text

- Blue vs gray bubbles



# Sending a Text



Type

Tap Send



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# Keyboard Basics

Letters

Numbers

Backspace



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# Dictation



- Microphone
- Speak naturally



## Emojis Explained

Optional

Ignore if desired

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# Common Texting Mistakes

 New threads by accident



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## What You Can Do After Today



Calls



Contacts



Texts

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# What We Didn't Cover

- Advanced settings
- App overload



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# What's Coming Next: iPhone 101 – Part 2

- Builds on today's skills
- Focus on photos, camera, and simple sharing
- Same format and pace — no pressure

*Part 2 continues the journey – no restart or speed up.*



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## Why There's a Part 2

- .We skipped advanced settings on purpose
- .We focused on what people actually use every day
- .Comfort comes before complexity

*That's why we take this one step at a time.*



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# Next Steps



Handouts



Practice



Tech Tuesday support

**Speaker Notes:** You don't have to do this alone. Support is always available.

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Your iPhone should work for you —not  
the other way around.



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