TECH OWL
TECHNOLOGY FOR OUR WHOLE LIVES

My First Smart Phone

by the PA Technology Champions

Temple University
College of Education and Human Development
Institute on Disabilities

PENNSYLVANIA DEVELOPMENTAL DISABILITIES COUNCIL

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The PA Technology Champions is a community of individuals with developmental disabilities from PA. This guide is a resource to make technology accessible to everyone.

This guide is for: Everyone interested in learning about how to use smart phones.

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CHAPTER 1
What is a Smart Phone?

A smart phone is a tiny computer.

They do a lot of things like:

- Take pictures
- Watch movies
- Make phone calls
- Search the internet

The two main types of smart phones are iPhone and Android.

CHAPTER 2
How to Set Up a Smart Phone

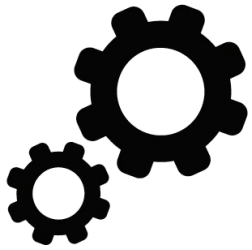
The first time you turn on the phone you will see a welcome screen.

Follow instructions on the screen to set up your phone.

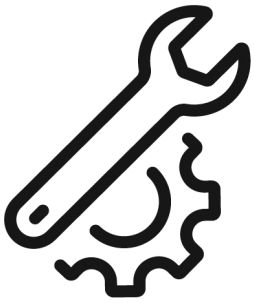
This is a Samsung welcome screen.

This is an iPhone welcome screen.

CHAPTER 3
Phone Settings



Tap on the gears symbol to see the settings on your phone.



Settings are how you change how your phone works for you.

Put your finger at the top of the screen and swipe down to see the most used settings.

CHAPTER 4
Notifications

You can use phone settings for **notifications.** They alert you to updates and other programs on your phone.

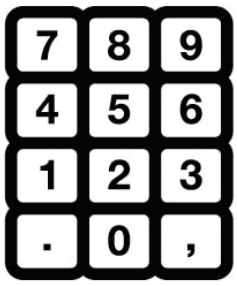
Use settings to change which apps send you notifications.

They can be silent, vibrate or make a sound.

Check the phone manual to learn more about settings on your smart phone.

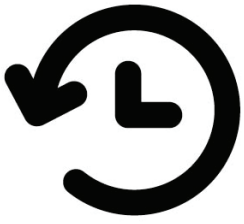
CHAPTER 5
How to Make a Phone Call

Open the “phone” app.



Use the dial pad to type in a phone number.

Use the contacts list to call someone saved in your phone.



Use recents to call someone you called a short time ago.

CHAPTER 5
How to Make a Phone Call
continued

Use **favorites** to call someone who you made a favorite.

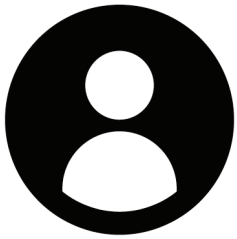
Tap the phone icon to call.

Tap the phone icon to hang up.

DO NOT share your phone number with strangers or on social media.

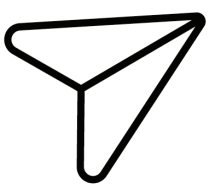
CHAPTER 6
How to Send a Text

Tap the “Messages” app.



Type the person’s phone number or name.

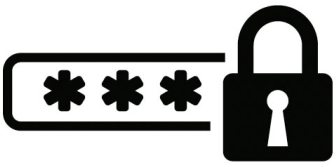
Tap the box and type your message.



Tap the arrow or paper plane icon to send.

CHAPTER 7
How to Get on the Internet

To use Wi-Fi:
Go to Settings > Wi-Fi >
Select a network.



Type in your WIFI network name and password.

To use Mobile Data Go to Settings > Mobile Data > Turn on. Remember data can cost money depending on your plan.

Open browser or app like Chrome, Firefox or Safari.

CHAPTER 8
What are Apps?

The squares on the screen are called apps or applications. Apps help you do things with your phone.

This is what the app screen looks like on an iPhone.

This is what the app screen looks like on an Android.

CHAPTER 8
What are Apps?
More about apps

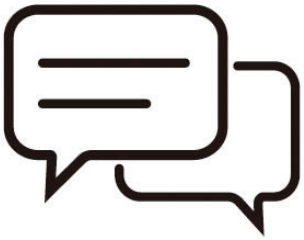
Sometimes a friend or family member might suggest an app to try.

Some apps are connected to the internet.

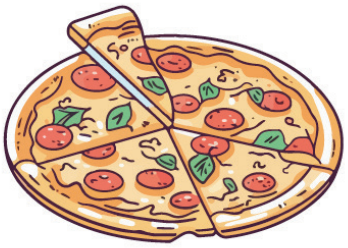
Be careful; some apps cost money.

CHAPTER 9
What to Do with Apps

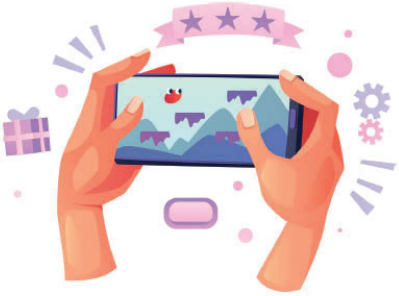
You can check the weather.



You can talk to family and friends.



You can order pizza and other food.



You can play games.

CHAPTER 10
How to Download Apps on Android

Open the Play Store app.

Search for an app or browse apps on the screen.

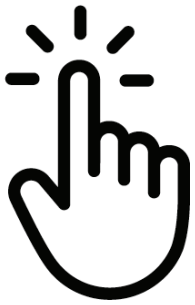
You can read reviews to help decide if you want to download it.

Tap Install for free apps. Beware of paid apps.

CHAPTER 11
How to Download Apps on iPhone

Open the App Store app.

Search for the app that you want.



Click the Get button.
Many apps are free.
BEWARE of paid apps.

If you have trouble with these steps, ask a trusted person for help.

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Reach out to TechOWL to learn more about accessible technology.

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