iPhone Life

A Course on Social Distancing with Your iPhone

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A Course on Social Distancing with Your iPhone

by Donna Cleveland & Cullen Thomas

LESSON 1: CONNECTING WITH FRIENDS & FAMILY WITH FACETIME & MESSAGES

The Basics of Staying Connected at Home

Your iPhone is a communication nexus, useful for staying connected with friends and family, informed about news, and engaged with stimulating activates like study and play. Such a complex tool can also be a trap, absorbing hours of time and attention that could also be spent connecting with your life and environment. Our goal is to help your iPhone be more of a tool and less of a trap by helping you understand how the device works and how to get it to do what you want, so that it can get out of your way and let you live.

So, in general, this course will help you:

- Stay connected in useful, meaningful ways with family, friends, and collaborators.
- Manage your time and expectations with help from apps.
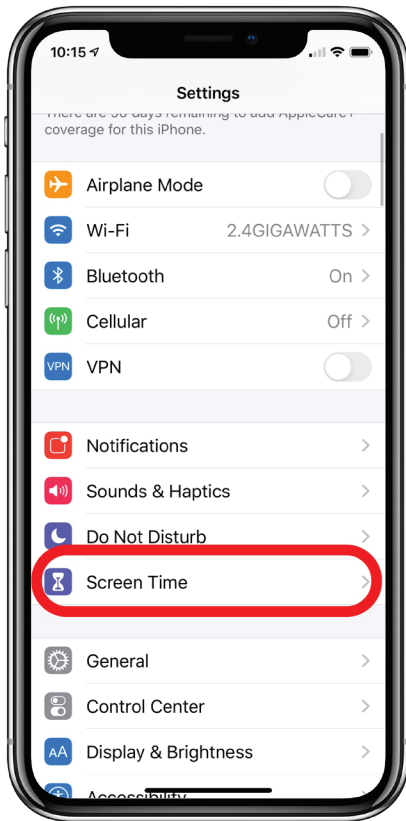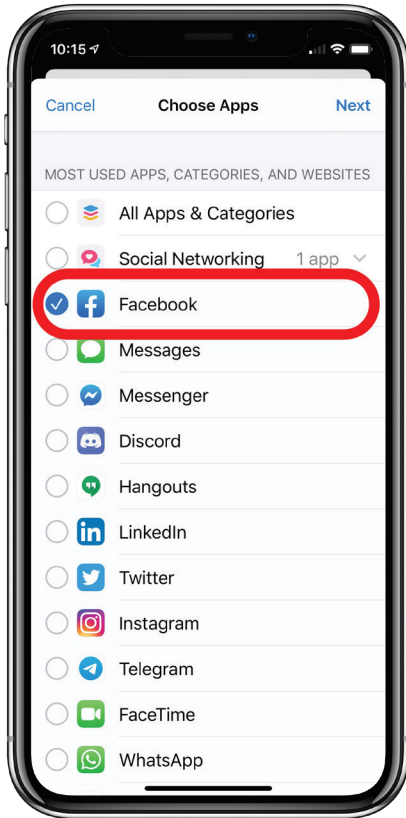- Play, learn, and explore with your iPhone.
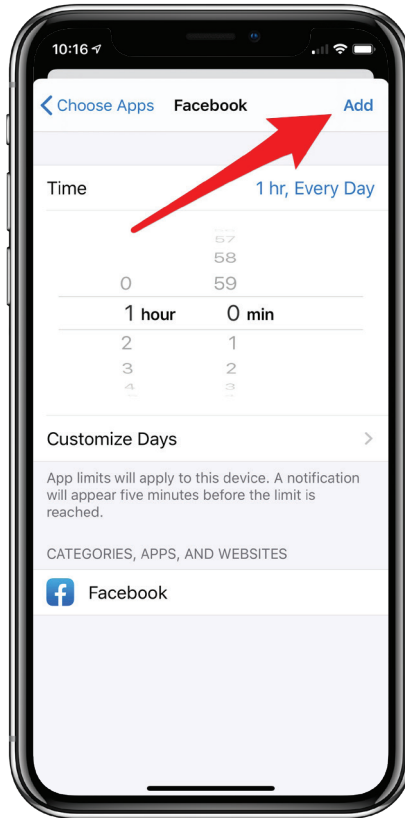
Figure 1

Figure 2

Figure 3

Figure 4

Use Screen Time to Set Limits on Social Media Use

We've all been there. You look at your phone, pop open Facebook, and then look up and it's been twenty minutes. The endless scroll can trap you for a long time. Researchers also continue to point to overuse of Social Media as likely causing an increase of anxiety! While connection and communication are keys to staying sane in social isolation, the kind of communication offered by Facebook and Instagram may not be the ideal solution. Here's how to set your iPhone to remind you when you've spent enough time in one app, and maybe it's time to mix it up.

1. Open the **Settings** app.

2. Tap **Screen Time** (Figure 1).

3. Tap **App Limit** (Figure 2).

4. Tap **Add Limit**.

5. Your apps are sorted by categories. Find the app you want to limit, E.G. Facebook (Figure 3). If you're not sure which category it will be found in, tap All Apps & Categories.

6. Tap **Next** in the top right corner.

7. Set your time limit with the sliders.

8. Tap **Add** in the top right (Figure 4).

Now when you reach your limit your iPhone will ping a pop-up that lets you know. You can still choose to ignore the limit and keep browsing if you really want to.

FaceTime Tutorial

What's So Great about FaceTime?

The ability to see your friends, loved ones, and colleagues while you talk to them is amazing in and of itself, but there are even more reasons to love FaceTime.

FaceTime Privacy

FaceTime offers privacy through a secure, end-to-end encryption of your audio and visual communication for one-on-one calls and the new Group Face-Time feature.

FaceTime Is Free, Even for International Calls

If you turn off cellular data use for FaceTime and use the Wi-Fi option only, you'll be able to use FaceTime at no extra cost other than your Wi-Fi bill. If you're using free Wi-Fi, all the better! This makes FaceTime a great way to talk to those far-flung friends and family members without breaking the bank on an international calling plan. Just remember, the person you're FaceTiming has to have an Apple device for this to work, and you should make sure you're using Wi-Fi and not your cellular connection.

FaceTime Is Fun

FaceTime has all kinds of features that allow you to flip your camera view, use stickers and filters, and even use a Memoji or Animoji mask during your call. We'll get into all these options below, so you can get the most out of your FaceTime call.
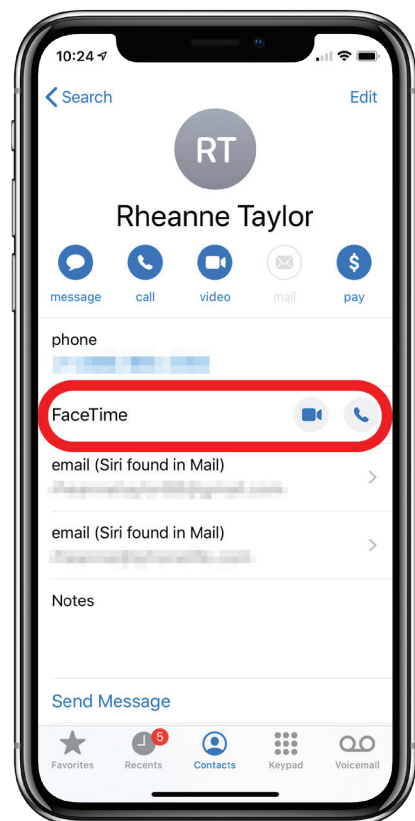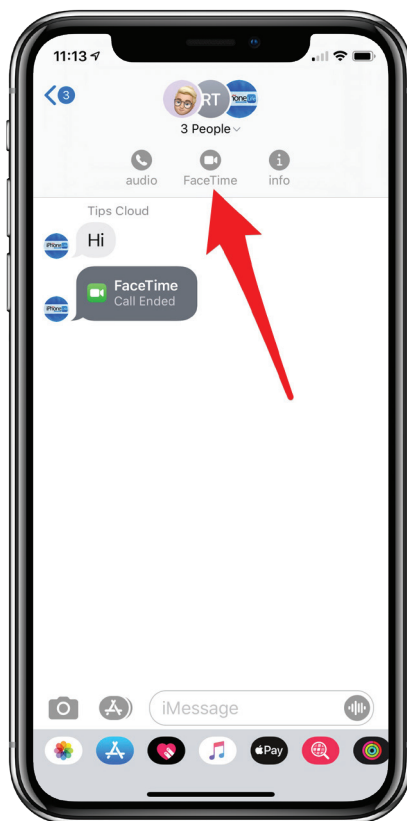

Figure 5

Figure 6

Start a Facetime Call from the Phone App

1. Open the **Phone** app.

2. Tap the **contact** you wish to FaceTime.

3. Look for the FaceTime option on their contact card (Figure 5). If you don't see it, they may not have an iPhone, or you may need to initiate contact with them VIA text or Phone call in before your iPhone will figure out whether they have an iPhone or not.

Make a FaceTime Call from the Messages App

If you're in the middle of an iMessage thread and want to switch to FaceTime, it's totally possible. You can do this from a group text, or a message to just one person.

1. Tap on the single or group name at the top of the iMessage.
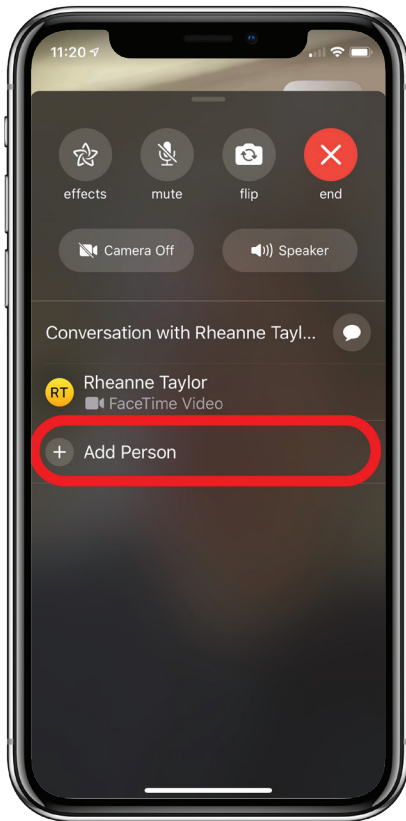
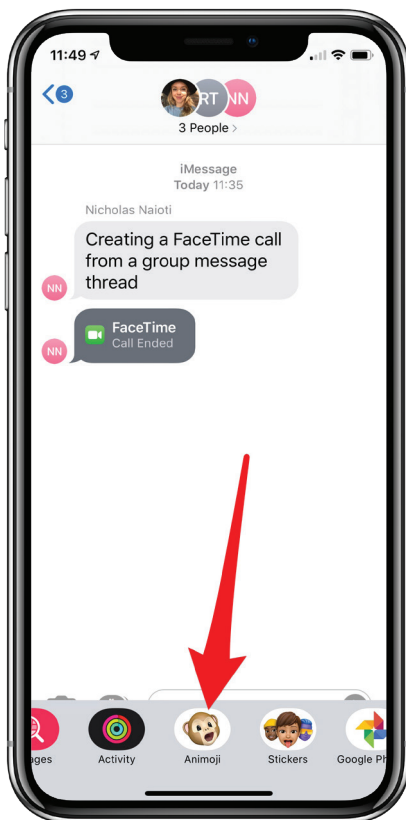2. Tap on the FaceTime icon (Figure 6).

Figure 7

Figure 8

Figure 9

Figure 10

Add More People to an Ongoing FaceTime Call

If you need to add another person to a group FaceTime call either in Messages or the FaceTime app, you can do so while you're still on the call.

1. Open the options menu by tapping the screen.

2. Drag the menu up to fill the screen (Figure 7).

3. Tap Add Person.

Animoji Characters

Only devices with the TruDepth camera that supports Face ID, such as the iPhone 11 or X, have access to the Animoji and Memoji features. These allow you to animate a moving, talking character based on your facial movements.

You can access your animoji in a call in the same options menu as above. Tap the Effects icon and then look for the Animoji icon, which has a little monkey face (figure 8). From there, you'll see a list of Animoji characters and any Memoji you've created. Tap the character you want to use. If you have an iPhone X or later, you can tap the Animoji icon to superimpose a moving Memoji or Animoji character over your face. Now you have extra fun options when communicating with friends!

Create Your Memoji

The Animoji feature I'm most excited about is Memoji, which lets you customize your Animoji to look like you or a character of your choosing with a surprising amount of precision. This feature is like Bitmoji, an app that lets you create your own avatar and send pictures of your avatar in different funny scenes, but a lot more powerful. Your Memoji is a video, for starters, uses your own voice, and has more customization options that let you make your character look a lot like you. To create your Memoji, navigate to a message, tap the App Store icon, and tap the Animoji icon (Figure 9), which has a little monkey face. From there you'll see a plus icon that says New Memoji (Figure 10). Tap that, and then go through the setup process of choosing your character's features until you're happy with its appearance.

Use Camera Effects

There's another feature in the FaceTime app that you can take advantage of: camera effects. You access these through the FaceTime app, similarly to how you access Animojis. You'll see a star-shaped icon that takes you to effects. Here, you'll see sticker options from iMessage apps, and you'll see a three-circle icon for filters. There are options to add reactions, stickers, and other fun effects!

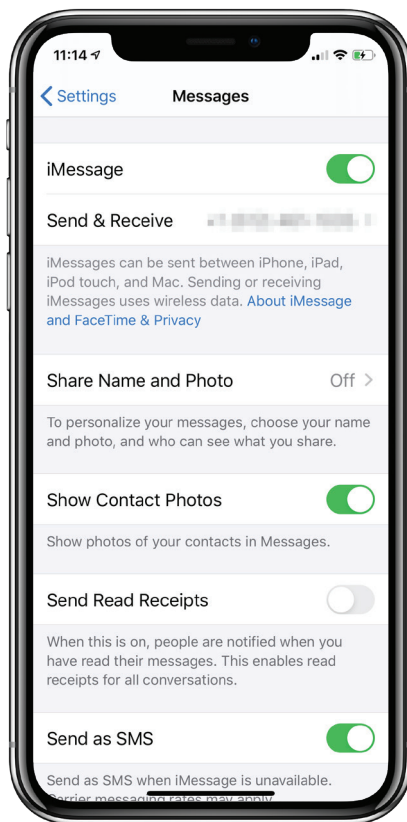# Messages: Group Text Messaging Tips and Tricks

Figure 11

Figure 12

iMessage: Free and Powerful Messaging for Apple Users

The Messages app combines two different services into one interface. You can send normal text messages to any phone, and you can send more powerful iMessages to other Apple devices. If the text bubbles in your conversation thread are green then you're using regular text messages. If the text bubbles are blue, then you're using the more powerful iMessages. You might notice that sometimes the app switches back and forth or uses different types for different contacts (figure 11). This is because to use iMessages, both ends of the conversation need to be Apple devices. That means the sender and the receiver must be using one of an iPhone, a Mac, or an iPad. Normally, the Messages app will automatically detect whether this is true or not, and send iMessages whenever possible.

Why use iMessages instead of text messages? iMessages use data, which means they won't count against your cell phone plan's text message limit. Instead, iMessages use WiFi or your cell data connection, which is almost always cheaper. To top it off, iMessages use encryption that's state of the art, so they're one of the most private and secure ways to communicate.

• To turn on iMessages, go to **Settings** > **Messages** (figure 12) and then toggle **iMessage** on.

With this setting on, the Messages app will send an iMessage whenever possible, and a regular message otherwise.

• If you'd like to only use iMessages and never use regular messages, scroll down on the Messages settings page to toggle off **Send as SMS** and **MMS Messaging**.

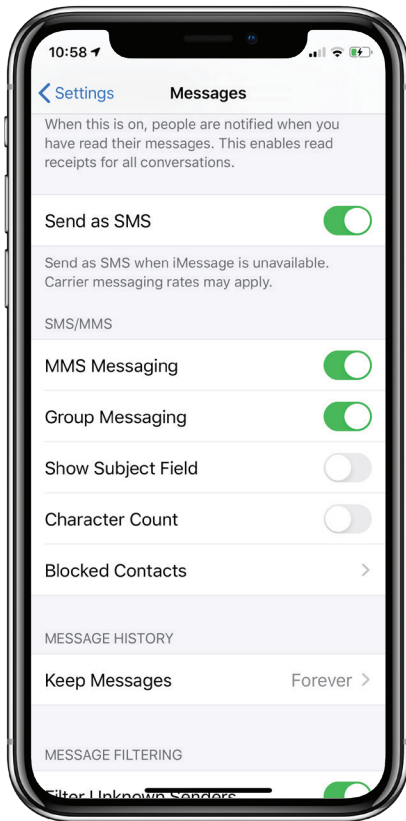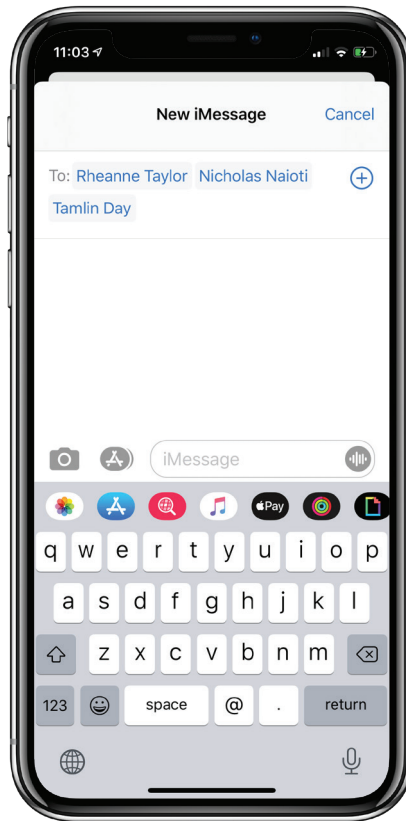• Remember: Blue bubbles are iMessages. Green bubbles are regular texts.
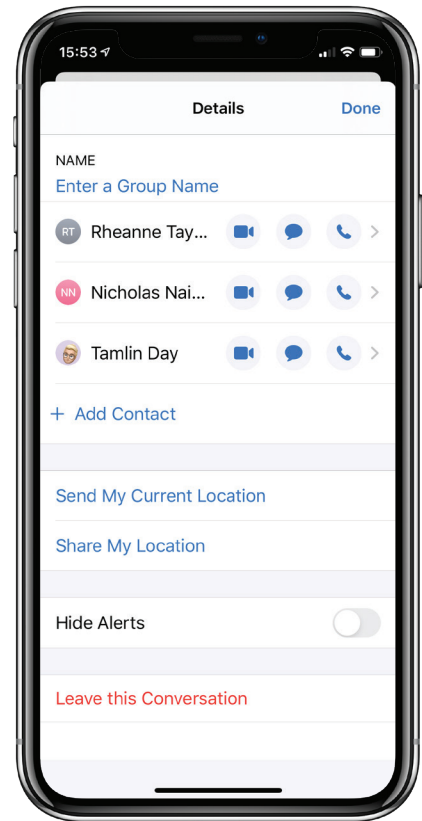
Figure 13

Figure 14

Figure 15

Create Group Text

Group Messages is a great feature for keeping in contact with multiple people simultaneously. First, make sure Group Messaging is on. To do this, open Settings, tap Messages, and toggle Group Messaging on (figure 13).

With your Settings in order, here's how to start a group message. In the Messages app, tap the new message icon in the upper right corner. Enter the name of the friend you want to add. Once you've selected a contact, tap the blue plus sign or start typing to add another contact. You can add up to nine people if using MMS, or up to 33 people if using iMessage (see How to Set Up iMessage, below).

Once you've added people (figure 14) tap the message field, type your message, and then send. You've started a group message! If you'd like to add additional contacts to the group message, change the name the group, or leave the conversation, tap the member's faces at the top of the screen, then tap info.

Leave a Group Text

Here on the info page (figure 15) you'll see the option to Hide Alerts if you no longer want to receive notifications from the group. If all participants in a group text are using iMessage on their devices, you can also tap Leave this Conversation to exit the thread altogether.
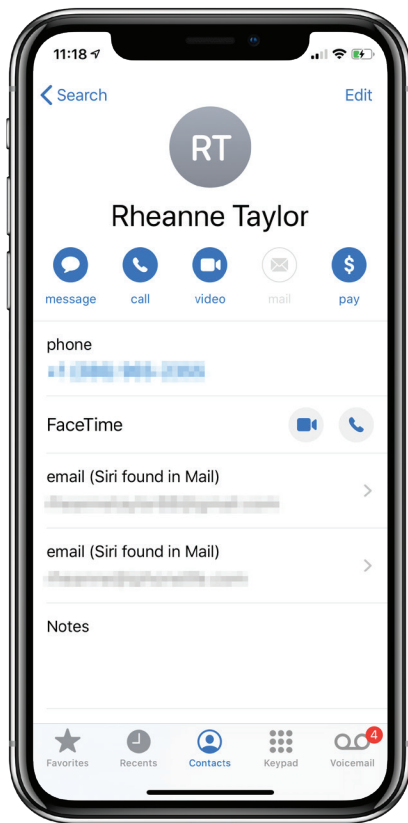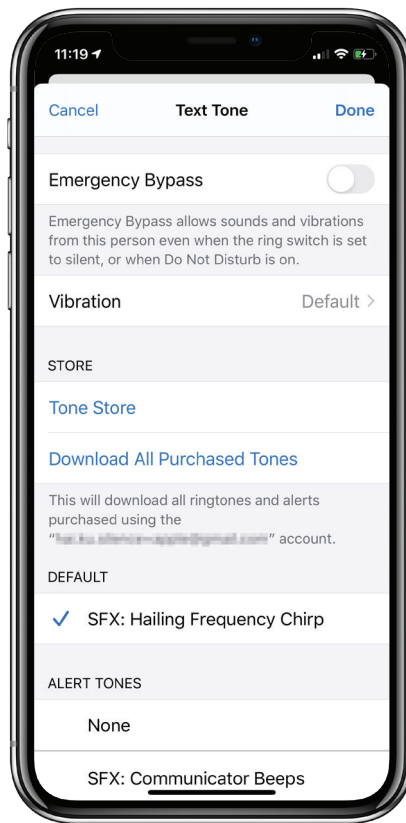
Figure 16

Figure 17

Figure 18

Special Text Tones for Contacts

If you want to know which friend or family member is texting you without having to look at your iPhone screen, you can assign them each their own text tone. To do this, instead of going to Settings, open the Phone app and navigate to the contact you want to assign a special text tone to (figure 16). Tap Edit, then tap Text Tone. You'll find a list of options here to choose from, including any tones you may have purchased from the iTunes Store (figure 17). If you'd like to buy more text alert sound options, tap the Tones Store link to open the Music app straight to the Tones section.

App Drawer Favorites and Tricks

Let's talk about iMessage apps, which let you send things like stickers and gifs, as well as payments, all from within the Messages app. When you begin composing a new text, you'll see the iMessage Apps icon next to your text field. It looks like an A made of popsicle sticks-the same icon as the app store. Tap it and a drawer of app icons will appear above your keyboard. These are your iMessage Apps (figure 18). They're iOS apps that have special functions inside Messages. Tap one to use those special functions. First I'll show you how to rearrange them, then we'll look at a couple of the built in apps that you might use frequently, then lastly we'll see how to find more.
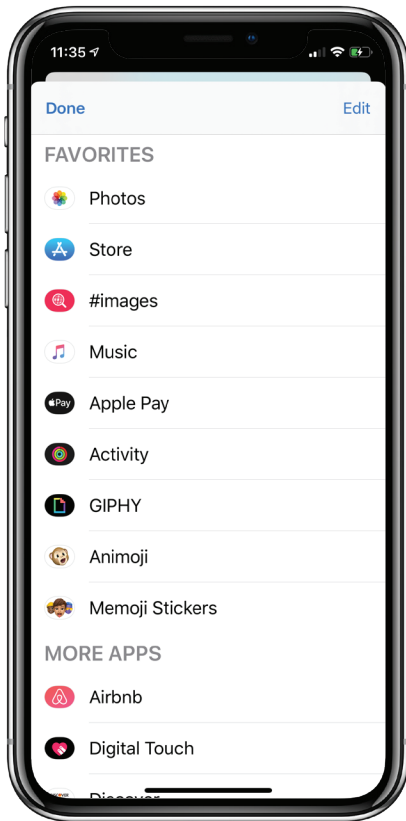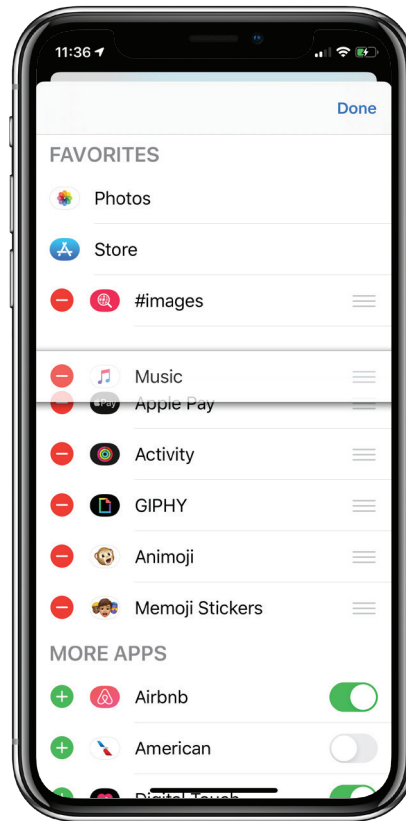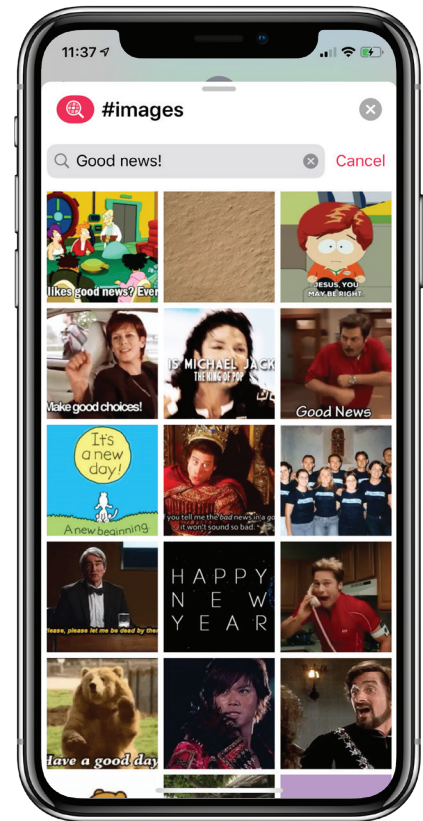
Figure 19

Figure 20

Figure 21

Rearrange Messages Apps

Your app drawer houses all your downloaded apps. Scroll to the right and you'll see first your Favorites, then More apps, then at the end you'll see the triple-dot More icon. Tap the More icon to see a list of all the apps in your app drawer (figure 19). Tap Edit, and the list will grow to include all the apps on your iPhone which have iMessage capabilities. You can decide which ones you want to see in your App drawer by toggling the ones you like on, and the ones you want to hide, off. Tap the green plus icon to add the app to your favorites, so it appears closer to the top of your app drawer. You can rearrange your favorites by pressing and dragging on the three lines icon next to each favorite (figure 20).

Now you've rearranged your app drawer, let's look at a couple of the built-in apps. Some of these icons probably look familiar: you'll see the Photos icon and the Music icon, as well as some new ones.

Send Gifs with Images or with Third Party Apps

Often a picture is worth a thousand words, and if that's true than an animation is even better. A gif is an animated image, often capturing a moment from popular media. They're incredibly handy for sharing a nuanced or amusing reaction quickly. Apple has provided a built in Gif search app called Images. The Images icon in the app drawer looks like a magnifying glass. Tap it to view a search field and array of gifs (figure 21). When you tap a gif, it will appear in your message text field, so you can send more than one, or add additional text before you send the message. If you install a third-party gif app from the iOS App Store, you'll see its icon in the Messages app drawer. Common apps include Giphy, Gfycat, and Imgur.

ASSIGNMENTS

1. Make a list of five people you like but haven't spoken with in a while. Reach out to one with Messages and schedule a video chat.

2. Pick one of your hobbies and at least two people who share it. Invite them to a group chat, and name the chat after the hobby. Try to create a group that you'll be excited to be in contact with regularly, like a group chat to swap knitting patterns or show of successes and failures in E-Sports.

3. Extra Credit: Create your own Memoji.