

# Apple ID/iCloud Guide

If technology is being used against you, use this website to secure your tech. [Learn about Tech Abuse.](#)

Note that depending on your device/updates, the steps below may vary.

## Caution

Remember, depending on whether or not you are living with the person who is harming you, you may choose to take different steps. Control and coercion make some of these steps impossible or not safe. Read these cautions before taking action.

Secure your tech

## Step 1: Log in to your Apple ID account

1. Sign in to [apple.com](https://appleid.apple.com) from your browser.



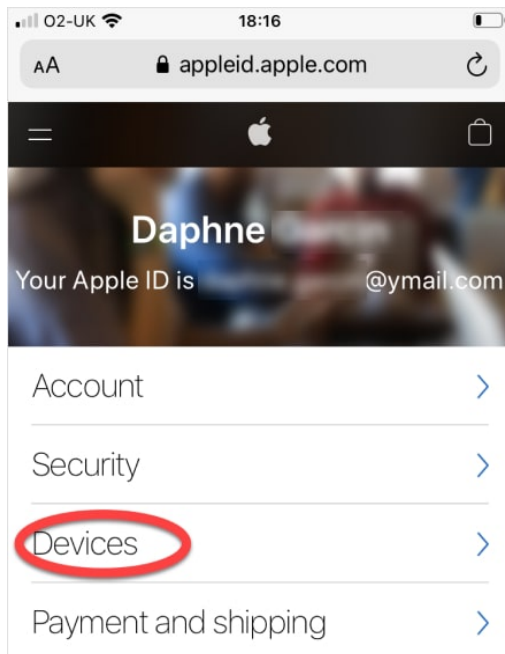
2. Enter your Apple ID and password.
3. You may need to enter a verification code that was sent to your trusted device or phone number if Two Factor Authentication is set up. Learn more about setting up Two Factor Authentication either in the [iPhone guide](#) or [Android guide](#).

*You can also log in through your iPhone or iPad settings.*

## Step 2: Check devices linked to the account

Learn more about [access logs](#).

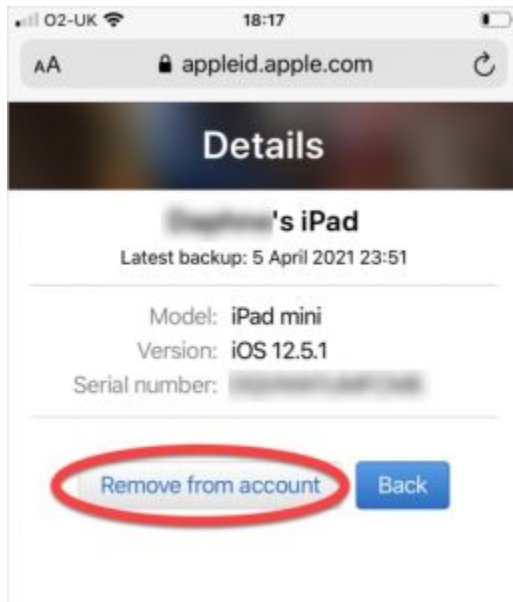
### 1. Go to the **Devices**



### 2. Select a device from the list.



3. Remove any unwanted or unused devices.



**Caution:** The person who uses that device will not receive a notification, but may notice that they can no longer access the account or see your location

### Step 3: Change your password

1. Go to the **Security** section and click **Edit**.



2. Click **Change password.**



3. Enter your old password, and then set a new password.

Learn more about creating [strong passwords](#).

A screenshot of a mobile browser displaying the Apple ID Password page. The address bar shows 'appleid.apple.com'. The page title is 'Password'. There are three input fields: 'current password', 'new password', and 'confirm password'. Below these is a checkbox labeled 'Sign out from devices and websites which are using my Apple ID.' with a help icon. A section titled 'Your password must have:' lists three requirements: '8 or more characters', 'upper & lowercase letters', and 'at least one number.', each with a checked circle icon. Below this is a 'Strength:' indicator bar. At the bottom, a note says 'Avoid passwords that you use with other websites or that might be easy for someone else to guess.' The mobile browser's navigation bar is visible at the bottom.

4. Click **Change.**

## Step 4: Check your trusted phone numbers

1. Go to the **Security** section and click **Edit**.



2. To remove a trusted phone number, click the “x” next to the phone number you want to remove. You can only remove a number if more than one is listed.



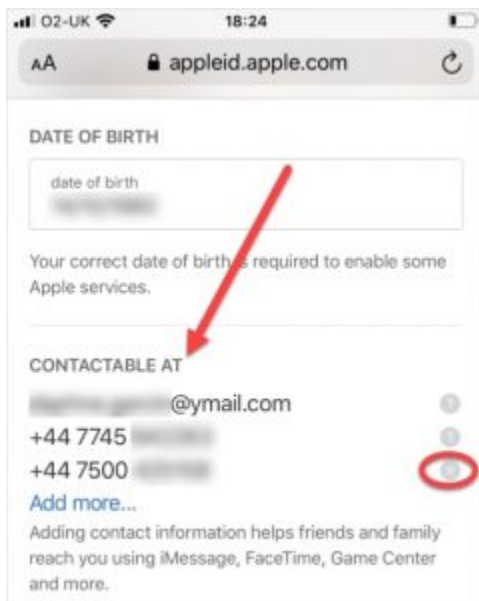
Trusted numbers are used for Two Factor Authentication.

## Step 5: Check phone numbers & email addresses

1. Go to the **Account** section and click **Edit**.



2. Go to **Contactable At**.



3. Check the listed phone numbers and email addresses.

4. To remove a phone number or email, click the “x” next to the address you want to remove.

### **Step 6: Check location & Family Sharing**

Log in to your devices to check Family Sharing and Location Settings ([see our iPhone guide](#)).