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Nowadays, technology has become an integral part of our daily lives. Widespread use of cell phones for entertainment and interpersonal communications has made cell phones one of the most important inventions of the last century. Smartphone is like a computer in your pocket. It contains much of your private data and thus this makes it well worth protecting. So, how can we use mobile phones as securely as possible? Here are a few things you should keep in mind.

First, enable the lock screen. When you leave your phone idle for a period of time, it will be automatically locked and protected from others assessing your personal information.

Second, think before you download. It makes sense to read some reviews of an app prior to downloading it. Some apps contain malicious codes that spy on users' messages and collect your personal data. Therefore, it is important to get input from friends you trust before downloading an app.

Third, disable Bluetooth, NFC, the GPS and other location services when they are not in use. Not only does turning off these settings save battery life, but it also helps protect you from unwanted attacks. Hackers can use your phone's Bluetooth connection to make phone-based payments. These charges appear on your phone bill at the end of the month. Even if the phone is not used to steal your money, hackers can download your texts, photos and other vital files. This identifying information can be used as blackmail or for identity theft.

Technologies give great benefits while also posing some great risks. Follow the advice offered above to make sure you and your phone are not easy targets.