At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

How to Make an EMERGENCY SOS CALL on an iPhone

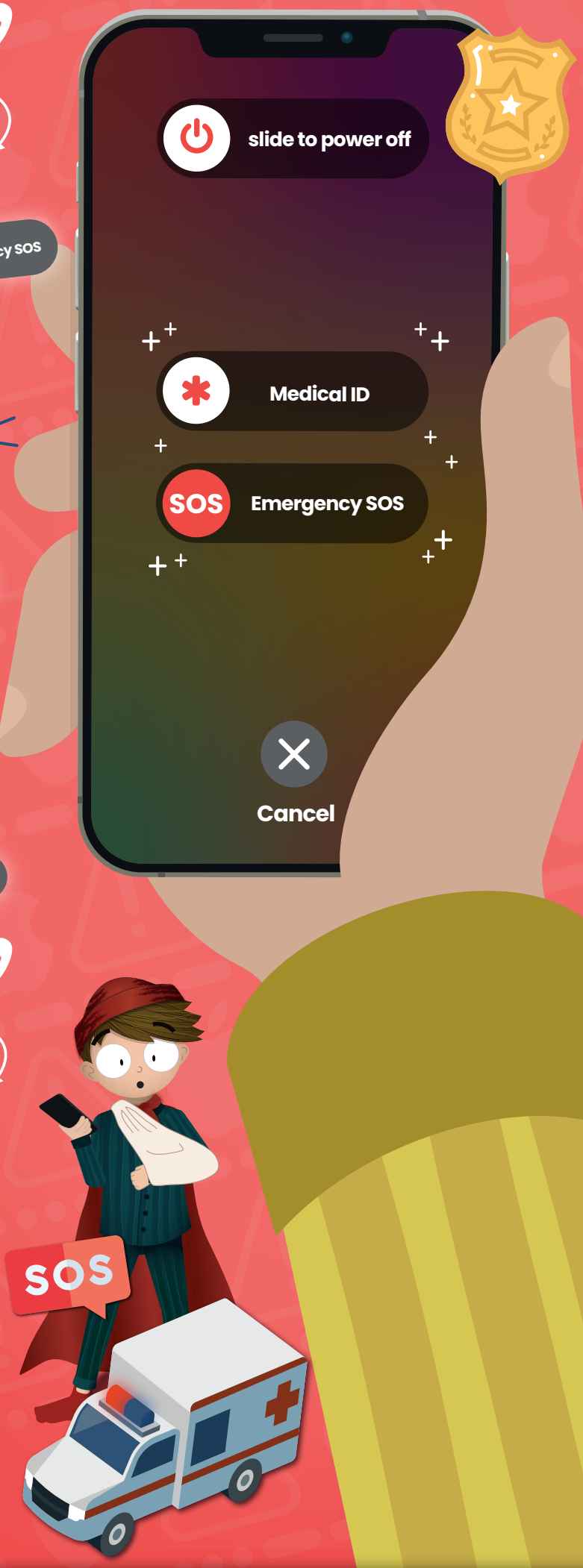
The iPhone's emergency SOS feature lets you call for help quickly and easily, should you need to. When you activate the SOS, your iPhone immediately calls the local emergency number. Hopefully, your children will never have to use the emergency SOS call. However, it's crucial that they know how to do it in case they ever need to. Teach your children how to use the SOS call and how to make you their emergency contact with our easy-to-follow steps.

Making an Emergency Call iPhone 8 or later

1. Press and hold the side button and one of the volume buttons
2. Swipe the Emergency SOS slider to open
3. Alternatively, continue holding down the buttons. An alert will sound and a countdown will begin. Keep the buttons pressed until the end of the countdown
4. Your iPhone will call the local emergency services 999
5. You can also send an Emergency SOS by quickly pressing the side or top button five times. You'll hear the alert sound, and when the countdown ends you'll be connected to the emergency services

Making an Emergency Call iPhone 7 or earlier

1. Press the side or top button five times quickly
2. Swipe the Emergency SOS slider
3. Your iPhone will call the local emergency services 999



How to Add Emergency Contacts

1. Open the Health app
2. Tap your profile picture
3. Tap 'Medical ID'
4. Tap 'Edit' and scroll to 'Emergency Contacts'
5. Tap a contact and select their relationship to you
6. Tap 'Done' to save your changes

Location Services

After you make an emergency call, your iPhone will send your current location to your nominated emergency contacts via text message (you can cancel this option if you wish). This temporarily activates your location services if they were disabled. Your emergency contacts will receive an update if your location changes.

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