July 2026 - How to Stop iPhone Apps from Tracking You

When you open an iPhone app for the first time you get prompted to allow it to track you. That means you have multiple apps on your phone that are tracking you. If you want to stop this there is a simple way to turn off tracking for all apps.

How to disable app tracking for all iPhone apps:

1. Open the Settings app.
2. Tap Privacy and Security.
3. Tap Tracking.
4. Toggle off Allow Apps to Request to Track.
5. Select Ask Apps to Stop Tracking.

If you are OK with some apps tracking you, use these steps instead:

How to manage tracking on a per-app basis:

1. Open the Settings app.
2. Tap Privacy and Security.
3. Tap Tracking.
4. Review the list of apps.
5. Toggle off any app you do not want tracking you.