



Staying Connected With Family — One Page

A free Lumaset Foundation cheat sheet · keep this by your phone

Texting

Open **Messages**, tap the pencil or plus, type a name or number, then type or **speak** your note (tap the microphone). Tap the arrow to send. Spelling does not matter.

Video calls

Use the free app your family already has: **FaceTime** (Apple), or **Google Meet** / **WhatsApp** (mixed phones). Tap the video icon, answer the green button, hang up with the red one. Sit in good light.

Photos

Send from a text with the photo or plus icon. **Save** one you were sent by pressing and holding it, then Save. Ask to join the family's shared album (iPhone Shared Album or Google Photos).

Group chats

Everyone sees every message. It is fine to just read along. React with a heart by pressing and holding a message. **Mute** it if it buzzes too much (you still see everything).

Stay safe

Set a family **SAFE WORD**. Verify any money or "new number" request by calling the person back yourself. Never tap links from strangers or share passwords or codes.