How to Stop Apps from Tracking You (Android & iPhone – 2026 Guide)

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Did you know most mobile apps track your location, browsing habits, and device activity—even when not actively used? This guide explains how to stop apps from tracking you on Android and iPhone using built-in privacy settings and trusted tools.

How to Stop Apps from Tracking You on Android

- Go to Settings > Privacy > Permission Manager and review all permissions.
- Set location access to 'Allow only while using the app'.
- Disable Ad Personalization under Settings > Privacy > Ads.
- Delete unused apps regularly to reduce background tracking.
- Limit background location access for social media and shopping apps.

How to Stop Apps from Tracking You on iPhone

- Go to Settings > Privacy & Security > Tracking and disable 'Allow Apps to Request to Track'.
- Manage Location Services and select 'While Using the App' for necessary apps.
- Disable Precise Location for non-essential apps.
- Check App Privacy Report to see which apps access camera, microphone, and domains.
- Remove suspicious or unnecessary apps immediately.

Android vs iPhone Privacy Comparison

Feature	Android	iPhone
Ad Tracking Control	Manual settings	App Tracking Transparency
Location Control	Flexible	Very strict
Privacy Report	Limited	Detailed
Default Privacy	Moderate	High

Advanced Privacy Tips

- Use a trusted VPN for encrypted browsing.

- Use privacy-focused browsers like Brave or DuckDuckGo.

- Disable Bluetooth and background app refresh when not needed.

- Clear cookies and cached data regularly.

- Avoid signing in through social media accounts.

Taking control of your privacy improves battery life, reduces data usage, and protects your personal information. Spend a few minutes adjusting these settings and regain control over your digital footprint.