

I'm not a robot



























GoTector select and review products independently. When you purchase through our links, we may earn a commission. See our ethics statement. There is a reason our phones are one of our most prized and cherished possessions. After all, they contain a ton of important information, sensitive data, and access to our financial means. While we would love to guard all of these aspects in some type of digital fortress, our phones offer only a fraction of our desired security measures. That means that our information can fall into the wrong hands. In certain instances, our phone's security violation can happen when nefarious actors or hackers can access it remotely, stealing our precious data. Needless to say, we need to take every necessary measure to protect ourselves. In this post, we will discuss how to stop someone from accessing your phone remotely and compromising the device's security. Perhaps the most crucial step in preventing someone from accessing the phone remotely is one of the simplest and most basic: setting a unique and strong password or PIN. Imagine your phone is a lock on a gym locker door for a moment. If there are 10 possible number choices, and you can only use three numbers to lock it, given enough time, someone determined to get in will be able to try the 720 possible combinations, and eventually, they will get in. Now imagine how fast a computer could try such a small number of possible combinations. Consider that same scenario, but the locker has 30 numbers to choose from and is 5 digits for a full combination. That is 17,100,720 different combinations, and even for a computer, that is more of a challenge. So, the first aspect of a good password is to make it long (at least 12 characters are recommended). But what if you used a 12-character password, but it was 123456789000. That would probably be one of the first things a hacker would try, so it's important not to use common number patterns. It's also not wise to use something simple like "password" or "mypassword" because it would be the first thing someone trying to get into your phone would try. The more random the mix, the better. Now factor in uppercase and lowercase letters, numbers, and special characters. Even a powerful password cracker program is unlikely to succeed because the number of possible combinations is incredibly large. Many users opt to use password manager apps to generate strong passwords and securely store them in a place accessible only to them. Needless to say, a password should be something you can remember or have secure access to so you are not the one locked out of your phone. However, sharing it with anyone is never wise. Avoid writing it on paper or storing it on an unencrypted phone file either. PINs are also used because they are easier for a user to remember. Still, they fall into the same type of problem bucket as the locker example from earlier unless the numbers are randomized enough. You would never want to use a sequential pattern like 1234 or a repeating one like 8888. The more random the PIN, the harder it is to crack. When trying to secure a bank loan, you are asked for multiple identification methods. Banks want to protect their investment with you, so they need to know that you are who you say you are. This dual protection layer can also be used on phones as a matter of two-factor authentication, or 2FA. This method requires users to provide more than just the password to get into their phone. Correctly entering the password triggers a code being sent to another device. Only if that code is correctly processed can the user access the device. So if someone cracks a password, they have to know the code, but as a remote intruder, they do not have the other device the code would be sent to, locking them out of unauthorized access. You can set up 2FA on your phone by: Entering the phone's Settings menu. Selecting the Privacy & Security tab. Choosing 2-Factor Authentication. Following the directions to set the feature up. Here's how to turn on an iPhone's two-factor authentication (2FA). Go to Settings. Tap your name. Tap Sign-In & Security. Tap Turn On Two-Factor Authentication. Tap Continue. Enter a trusted phone number, then tap Next. Enter the verification code sent to the phone number. Once 2FA is enabled, a unique code will be sent to the registered device whenever the phone is accessed. Keeping the latest and greatest updates for the phone and all of its apps may not seem like a priority, but for security purposes, it is pivotal. Many updates bring in bug fixes for identified security vulnerabilities, so the latest updates protect users better. If you aren't certain whether your phone is updated, you can check this under the System Update or Software Update menus on your phone. If an update is available, you will be prompted with an option to download and install. The process could take several minutes, but it is important, so it is worth the wait. It is also recommended that you check for app updates daily. Speaking of app security, it is also important to only use verified and reputable apps. Many apps that pop up in app stores look innocent enough but are loaded with malicious flaws that allow users to access your phone on the back end. If you aren't sure, you should consider reading reviews, never download from anything but an official app store, and see what permissions the app requests at installation time. Many apps want access to your location, messages, contacts, etc., so it's important to be cautious about what you allow. Many phone users make connecting to WiFi almost second nature, but when the WiFi networks are unsecured (such as at malls, hotels, airports, etc.), connecting to them makes accessing your phone easier for unauthorized persons. Make sure the network name matches the location you are in, and avoid connecting to random networks. (Virtual Private Networks). These networks encrypt transmitted data, making it hard for hackers to access it. Practicing good security habits is a great way to greatly minimize the chances of an unauthorized remote intrusion into your phone. None of these methods is 100% secure, but the combination of their utility significantly decreases the chances of someone accessing your phone remotely since it becomes too challenging for a hacker to break in. And you worry about more sophisticated hackers, don't worry, they have much bigger targets in mind. For any thoughts and questions, please use the comment section below. Searching for "how to hack a phone" to spy on your friend may sound like an interesting idea. Team hacking is completely illegal. Besides, you can also make blunders at times and become easy prey for cybercriminals. We use our smartphones for almost everything from paying bills to sending emails. They contain highly sensitive information about our lives. And if that data falls into the wrong hands, that could lead to disastrous consequences. That's why you need to know how your phone can get hacked remotely and how you can avoid hacking in the first place. How Can Someone Hack My Phone Remotely? Surprisingly, hackers don't need to have your phone in their hands to steal your personal information. So, how do hackers hack your phone without having access to it? They can easily target your phone remotely. Passwords, SSNs, bank account details, text messages, photos, and almost anything can get into the hands of the bad guys if you aren't careful enough. But how can a phone be hacked remotely? Cybercriminals often develop unique ways to access people's smartphones and monitor them. Usually, they look for some vulnerabilities in the phone's operating system to hack it or trick people into downloading malicious software onto their devices. Ultimately, can hackers control your phone without physical access to it? Unfortunately, the answer is yes. Besides the general methods, some other ways hackers use to hack someone's phone remotely include: Through public Wi-Fi networks: Cybercriminals create fake Wi-Fi networks, and when you connect to them with your phone, they redirect you to malicious sites, SIM swaps: Hackers transfer your phone number to their device and gain access to your account. To avoid this situation, you must know how to avoid SIM swapping. Phishing emails or texts: Hackers email you with a malicious link and try to trick you into clicking it. Such emails or texts may look very real, and sometimes it may be complicated to distinguish between a malicious site and a legitimate one. Whether you have an iPhone or an Android smartphone, some signs can indicate that your device has been hacked, such as unusual activity on your accounts, strange phone calls, unusual activity on the accounts connected to your phone. This should give you a general idea of how you can find out if someone is remotely accessing your phone. Note that not all the cases mentioned above are linked to hacking. For example, if it takes a long time to load an app, maybe there's something wrong with the phone's performance, or you're running an older version of the app and need to upgrade it. But if you notice strange activity on your bank account or any other accounts that you have access to from your phone, then there is a chance that you've become a victim of cybercrime. You need to know, then, what to do if your phone is hacked. Another way you can find out whether your device has been hacked or not is to use antivirus software to run a security scan on it. If there is anything suspicious, it will detect it. So, apart from knowing how someone can access your phone remotely, you should also find out what to do after a cyberattack. Now that you know how to protect your phone, the next step is to take a corrective measure. The first thing that you should do is factory reset your device. If you've never done it, be sure to check out our guides to learn how to factory reset an Android device and how to factory reset an iPhone. But remember that a factory reset will also delete every file stored on your device. If you don't want to run a factory reset on your smartphone, there are some other things that you can try: Get rid of suspicious apps: Search for applications that you haven't installed by yourself on your phone and delete them. However, there are no guarantees that this will help for sure. Install an antivirus application: A solid antivirus suite can detect any malicious software or processes on your device and help you protect your smartphone from possible future hacker attacks. Tell your contacts that you've been hacked: It's best to let family, friends, and colleagues know that they shouldn't open any suspicious messages from your phone number, so they won't get into trouble. After you've done everything you can to remove the hacker from your phone, you should change your account passwords, such as the device's passcode, all social media, Apple ID or Google account, email, and internet banking. Once done, make sure that you create strong passwords for your accounts. There are a few things that you can take to protect your smartphone and any personal information stored there from hackers. Lock your smartphone: Create a strong password for locking your device's screen. If your phone also has Touch ID or Face ID, then set it up as well. Don't turn on mobile data or Wi-Fi unless you need to use them: This can prevent malicious software from using your data. Turn off your hotspot in crowded places: It makes it easier for a hacker to access your phone when it is turned on. And if you're using this feature, then make sure you have a strong password set. Never click on suspicious links: If you've received a strange message from your friend telling you to click on a link to open some random site, think twice before doing so. There can be malware in disguise. Make sure that your device and the apps installed on it are up-to-date: This means you're installing security patches for vulnerabilities alongside performance updates. Don't jailbreak your phone: This can increase the chances of your smartphone getting hacked later on. Use an extra layer of security: For this, we suggest using two-factor authentication. Of course, installing an antivirus application is typically a good option too. The risk of hacking is high these days, because there's not a specific one-word answer to how to hack someone's phone. And since anyone can do it relatively easily, you should protect yourself from such a possibility. It's not only your phone that hackers can get access to; your social media accounts, PC, email, contacts, and almost anything digital is at risk. So, if you have friends who often ask the fatal question, "How can someone remotely access my phone?" make sure you pass on the insights above. In today's digital age, ensuring the security of your smartphone is crucial. With personal information, bank details, and even sensitive communications stored on our phones, unauthorized access can pose serious risks. Hackers or even people you know may attempt to gain remote access to your Android device for various reasons, but there are steps you can take to protect yourself. This guide will walk you through how to stop someone from accessing your phone remotely and how to protect it against possible future hacker attacks. Let's get started. 1. Update your phone's software Regularly security updates are crucial. When an update is available, install it immediately. Enable automatic updates to ensure you never miss an important security patch. 2. Turn Off "Developer Options" If you have enabled Developer Options on your Android device, you might have inadvertently allowed features that could be exploited for remote access. Like Xposed debugging, Turning off Developer Options is a simple but effective way to close this potential vulnerability. How to turn off Developer Options on an Android phone. 3. Build number 7 times to enable Developer Options (if not already enabled). Then, go to Settings > System > Developer options and enable it. 4. Use Anti-virus and Anti-malware Apps Installing a reputable anti-virus or anti-malware app can help detect and block malicious software or files that may be attempting to gain unauthorized access to your device. Some good Android security apps include Avast Mobile Security, BitDefender Mobile Security, and McAfee Mobile Security. 5. Factory Reset as a Last Resort If you suspect that your device has already been compromised and other measures have failed, a factory reset can help restore your phone to its original state. A factory reset erases all your data, so make sure to back up important files before proceeding. How to perform a factory reset. Go to Settings > System > Reset > Factory data reset. Follow the instructions to reset your device. Indications of Mobile Access by Someone else Some cases, you might notice certain signs that indicate your phone is being accessed remotely or that someone is monitoring your device without your consent. While these could also be caused by other issues (such as app bugs or network problems), it's important to stay alert and take immediate action if you notice any of the following symptoms: 1. Unfamiliar Apps Running in the Background If you notice unfamiliar apps running in the background or using up your device's resources, this could be a sign that someone is controlling or monitoring your phone remotely. Some remote access tools or spyware operate secretly, often running in the background without your knowledge. What to look for: Open the Settings app and go to Apps & notifications > See all apps. Check for apps you don't remember installing. In the Battery Usage section, check for any apps consuming unusual amounts of power. This could indicate an app running in the background that you're unaware of. 2. Unexplained Increase in Device Temperature and Rapid Battery Drain An increase in your phone's temperature or rapid battery drain without much use can indicate that your device is being accessed remotely. Remote access tools or malware can cause the phone to perform unnecessary background tasks, consuming power and generating heat. What to do: Monitor the battery usage in Settings > Battery. Unexplained battery drain from apps you don't use is a red flag. Team hacking is completely illegal. Besides, you can also make blunders at times and become easy prey for cybercriminals. We use our smartphones for almost everything—from paying bills to sending emails. They contain highly sensitive information about our lives. And if that data falls into the wrong hands, that could lead to disastrous consequences. That's why you need to know how your phone can get hacked remotely and how you can avoid hacking in the first place. How Can Someone Hack My Phone Remotely? Surprisingly, hackers don't need to have your phone in their hands to steal your personal information. So, how do hackers hack your phone without having access to it? They can easily target your phone remotely. Passwords, SSNs, bank account details, text messages, photos, and almost anything can get into the hands of the bad guys if you aren't careful enough. But how can a phone be hacked remotely? Cybercriminals often develop unique ways to access people's smartphones and monitor them. Usually, they look for some vulnerabilities in the phone's operating system to hack it or trick people into downloading malicious software onto their devices. Ultimately, can hackers control your phone without physical access to it? Unfortunately, the answer is yes. 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Weird popups. Background noise. Apps that you don't remember installing. Strange phone calls. Unusual activity on the accounts connected to your phone. This should give you a general idea of how you can find out if someone is remotely accessing your phone. Note that not all the cases mentioned above are linked to hacking. For example, if it takes a long time to load an app, maybe there's something wrong with the phone's performance, or you're running an older version of the app and need to upgrade it. But if you notice strange activity on your bank account or any other accounts that you have access to from your phone, then there is a chance that you've become a victim of cybercrime. You need to know, then, what to do if your phone is hacked. Another way you can find out whether your device has been hacked or not is to use antivirus software to run a security scan on it. If there is anything suspicious, it will detect it. So, apart from knowing how someone can access your phone remotely, you should also find out what to do after a cyberattack. Now that you know how to protect your phone, the next step is to take a corrective measure. The first thing that you should do is factory reset your device. If you've never done it, be sure to check out our guides to learn how to factory reset an Android device and how to factory reset an iPhone. But remember that a factory reset will also delete every file stored on your device. If you don't want to run a factory reset on your smartphone, there are some other things that you can try: Get rid of suspicious apps: Search for applications that you haven't installed by yourself on your phone and delete them. However, there are no guarantees that this will help for sure. Install an antivirus application: A solid antivirus suite can detect any malicious software or processes on your device and help you protect your smartphone from possible future hacker attacks. Tell your contacts that you've been hacked: It's best to let family, friends, and colleagues know that they shouldn't open any suspicious messages from your phone number, so they won't get into trouble. After you've done everything you can to remove the hacker from your phone, you should change your account passwords, such as the device's passcode, all social media, Apple ID or Google account, email, and internet banking. Once done, make sure that you create strong passwords for your accounts. There are a few things that you can take to protect your smartphone and any personal information stored there from hackers. Lock your smartphone: Create a strong password for locking your device's screen. If your phone also has Touch ID or Face ID, then set it up as well. Don't turn on mobile data or Wi-Fi unless you need to use them: This can prevent malicious software from using your data. Turn off your hotspot in crowded places: It makes it easier for a hacker to access your device when it is turned on. And if you're using this feature, then make sure you have a strong password set. Never click on suspicious links: If you've received a strange message from your friend telling you to click on a link to open some random site, think twice before doing so. There can be malware in disguise. Make sure that your device and the apps installed on it are up-to-date: This means you're installing security patches for vulnerabilities alongside performance updates. Don't jailbreak your phone: This can increase the chances of your smartphone getting hacked later on. Use an extra layer of security: For this, we suggest using two-factor authentication. Of course, installing an antivirus application is typically a good option too. The risk of hacking is high these days, because there's not a specific one-word answer to how to hack someone's phone. And since anyone can do it relatively easily, you should protect yourself from such a possibility. It's not only your phone that hackers can get access to; your social media accounts, PC, email, contacts, and almost anything digital is at risk. So, if you have friends who often ask the fatal question, "How can someone remotely access my phone?" make sure you pass on the insights above. Can someone access my Android remotely? Yes, someone can access your Android device remotely—but they'll need to install malicious software on your Android first. This software, known as remote access tools (RATs), can give hackers control over your smartphone over the internet. If you've fallen victim to a phishing scam or a cybercriminal has gained access to your phone, they may have infected it. How to detect remote access apps on Android? To detect remote access Android apps, you need to learn how to detect spyware on Android phones. Keep your eye out for unusual behavior like battery drain or data usage. Check app permissions, review installed apps, and use reputable anti-spyware software to scan your device for suspicious activities. Here's the list of signs your phone will exhibit if there is a remote access app on your Android device: 1. Strange device behavior If your device starts doing things on its own, like randomly opening apps, navigating through settings, or sending messages, it could be a sign of remote access. These behaviors suggest that an unauthorized user is controlling your device remotely, collecting your personal information, and sending it back to their servers. 2. Problems with performance Remote access apps run continuously in the background, draining your device's resources significantly. This can cause noticeable slowdowns, frequent app crashes, and increased battery use. If your device suddenly starts underperforming (and there's no clear reason why), you may have fallen victim to a remote access hack. 3. Security notifications Some remote access apps might alert you to detect suspicious activity on your device, such as unusual activity on your accounts, requiring a second step of verification. 4. Unfamiliar logins or account settings changes. 5. Review your accounts Regularly update your passwords with strong, unique combinations of letters, numbers, and symbols. Make sure you create unique passwords for each account that are at least 12 characters long—and don't use publicly accessible personal information like your birthday or pet's name inside the passphrase. Consider using a password manager to securely generate and store complex passwords, reducing the risk of breaches even further. 7. Update your phone's operating system Operating system updates include security patches that protect your device against the latest threats. However, some Android apps aren't trustworthy either—find out what Android apps are spyware in our guide. To update your phone's operating system: Go to Settings and scroll down to Software update (it may be System update or Check for updates depending on your phone manufacturer and Android version). If an update is available, press Download and install then follow the prompts to download and install it. Steps 1-2: Open Settings > Software update > Download and Install. 6. Complete a factory reset If the steps above didn't help you remove the remote access app, a factory reset will. Factory resets restore your device to its original factory condition, deleting all apps and creating a fresh start. To factory reset your Android: Open Settings and tap General management > Reset. Press Factory reset. Follow the on-screen instructions to complete the process. Don't forget to back up your device before resetting, otherwise you may lose all of your personal information. Steps 1-2: Open Settings > General management > Factory data reset > Reset. 9. Avoid jailbreaking or rooting your phone Avoid modifying your device's software to ensure it retains the security measures put in place by the manufacturer. Jailbreaking or rooting introduces vulnerabilities by removing these protections, increasing risks from malware and compromised system integrity. If you think someone has hacked your device and jailbroken it remotely, learn how to fix a hacked phone. 10. Use security networks Only use private or secure Wi-Fi networks for internet access. When on public networks, use a virtual private network (VPN) to encrypt your data and protect your device against hackers who might exploit unsecured connections to capture sensitive information. 11. Turn off Bluetooth when not in use Avoid leaving Bluetooth enabled when not in use to prevent unauthorized pairing attempts and potential data breaches from nearby devices trying to access your phone. 12. Disable Bluetooth, drag down from the top of your screen and tap the Bluetooth icon. Step 1: Drag down from the top of your screen and tap the Bluetooth icon. Step 1: Drag logging into accounts from unrecognized devices Only log in to your accounts from recognized, secure devices. If you need to use a shared or public device, use private browsing mode and log out after each session. Regularly monitor account activities and set alerts for any unfamiliar login attempts to safeguard your accounts. Conclusion Staying vigilant for signs of suspicious apps helps find remote access apps on Android and keep your device secure. Monitor for suspicious device behavior, regularly review your apps, and update your settings to protect your data from hackers and scammers. For enhanced protection, use Clario Anti Spy's Anti-spy setup to scan your device for threats and implement more secure settings. Download Clario Anti Spy today to learn more and safeguard your privacy.

