

Devices and Digital Skills

Top tips to use less data

Most people have a set amount of data they can use on their device each month. Here are some handy tips to help you make the most of your data allowance.

- Make sure you know how much data you can use each month (Some contracts will charge you extra for going over your allowance)
- Check how much data you have used by selecting your settings and search for terms like “Mobile data” or “data usage”
- Some apps use your data even when you’re not using them. You can reduce this by going into your settings and searching for “low data mode”.

What would use large amounts of data?

- Watching videos or music from Facebook, YouTube, Spotify, etc
- Running apps in the background – for example, they may use data when they check for message updates, software updates, etc
- Sending videos through messaging apps like WhatsApp or iMessage
- Using sat nav on your device
- Playing games online, or if the games include adverts
- Tethering your phone to a laptop, tablet or other phone
- Allowing apps to upload content
- Switching automatically to your data when a WiFi connection drops.

How can I limit my data usage?

- Uninstall or close apps you’re not using
- Connect to free WiFi whenever possible
- Switch off mobile data when your allowance is low
- Turn off automatic updates in your device settings

Key Terms

- Data - information sent or received by your mobile device measured as megabytes (Mb) or gigabytes (Gb). 1 gigabyte is approximately 1,000 megabytes
- Mobile data - the data you can use on your device without connecting to Wifi

- Data Allowance - the amount of mobile data you are allowed each month without having to pay extra
- Applications ('apps') - different programs for your device for example Zoom app or Facebook app.
- Tethering - linking a device to a smartphone in order to connect to the internet.