



INFO SHEET N°7

Creating a Google account Gmail and much more

A single Google account gives you access to dozens of free and useful services.

A Google account is like a universal key — once created, it gives you access to Gmail (emails), Google Maps, YouTube, Google Photos and many other services. On Android (Samsung), you already need one to download apps. This sheet guides you step by step.



What is a Google account used for?

Gmail

Your free email address ending in @gmail.com — accessible anywhere, even on holiday

Google Maps

Free GPS navigation, finding addresses, shop opening hours

YouTube

Free videos — recipes, tutorials, news, music

Google Photos

Back up and find all your photos automatically

Google Drive

15 GB of free storage for your documents and photos

Play Store

Download apps on your Samsung (required)



Creating your Google account — step by step

Complete creation guide

1

Open Chrome or your phone's browser

Go to:

accounts.google.com

— or search for "Create Google account"

2

Tap "Create account"

Choose "For my personal use"

3

Enter your first and last name

e.g. First name "John", Last name "Smith"

4

Choose your Gmail address

e.g. john.smith@gmail.com — Google suggests available options if your name is already taken

5

Create a strong password

Minimum 8 characters, mix letters, numbers and symbols. Write it down somewhere safe!

6

Phone verification

Google sends you an SMS code on your mobile number to confirm it is you

7

Personal information

Date of birth and gender (you can choose "Prefer not to say")

8

Accept the terms

Scroll down and tap "I agree". Your account is created!



Choosing a good password



A good password — examples

✓ GOOD password

Mountain#2024!

John@London75

Sunny\$Lake*2025

✗ BAD password

123456

bernard

password

01011950 (date of birth)



Tip: Write your password in a notebook (not on your phone). Choose something only you know — never your date of birth or first name.



Securing your Google account

2-step verification — strongly recommended

2-step verification (also called "two-factor authentication") adds an extra layer of security. Even if someone knows your password, they cannot access your account without your phone.

How to activate it:

Google Settings → Security → 2-Step Verification → Turn on

Each time you sign in from a new device, Google sends you a confirmation SMS code.

SeniorPhone tips

- Write down your Gmail address AND your password in a notebook — you will need them regularly
- Create only **one Google account** — there is no need for several
- Your Gmail address can serve as your main email for everything — bank, doctor, local services
- If you have a Samsung, your Google account is needed for the **Play Store** and backups
- Google Photos backs up your photos automatically — no more risk of losing them
- If you forget your password, Google can send you a recovery code by SMS

Warning — Google-related scams

-  Google will **NEVER call you by phone** to help you create or secure your account
-  Never share your Google password with anyone — not even a technician
-  Beware of emails that appear to come from Google but ask for your password — this is phishing
-  Google's official address always ends in **@google.com** — not @google.fr or @google.support

Key takeaways

- A Google account gives access to Gmail, Maps, YouTube, Photos, Drive — for free.
- On Samsung, the Google account is essential for the Play Store.
- Choose a strong password and write it in a notebook.
- Enable 2-step verification for extra security.
- Google will never call you by phone.

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Safety — Essential reminders



Never share your passwords or codes with anyone

Not by phone, not by email, not by SMS. Your bank, the police and operators will never ask for them.



Hidden number — do not answer

A hidden number deliberately conceals its identity. Hang up without hesitation.



Unknown number — avoid answering

Let it ring, wait for a voicemail, call back only if necessary. Never call back a 0900 number.



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