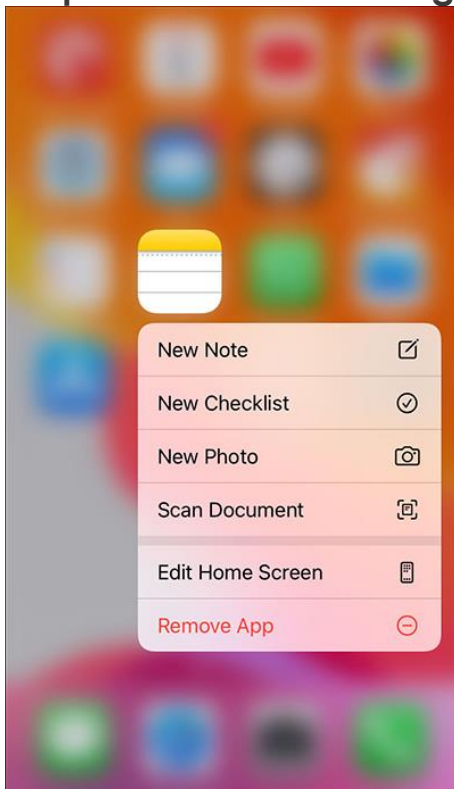



How to stop accidentally triggering menus in iOS 14 for iPhone, iPad, and iPod Touch

'Haptic Touch' enables users to long-press on an item, for instance, an app icon on the home screen page of apps to reveal menus (see example, below). Users who find they accidentally trigger these menus can set the long-press duration to 'slow' so that items need to be pressed for a little longer before a menu appears.

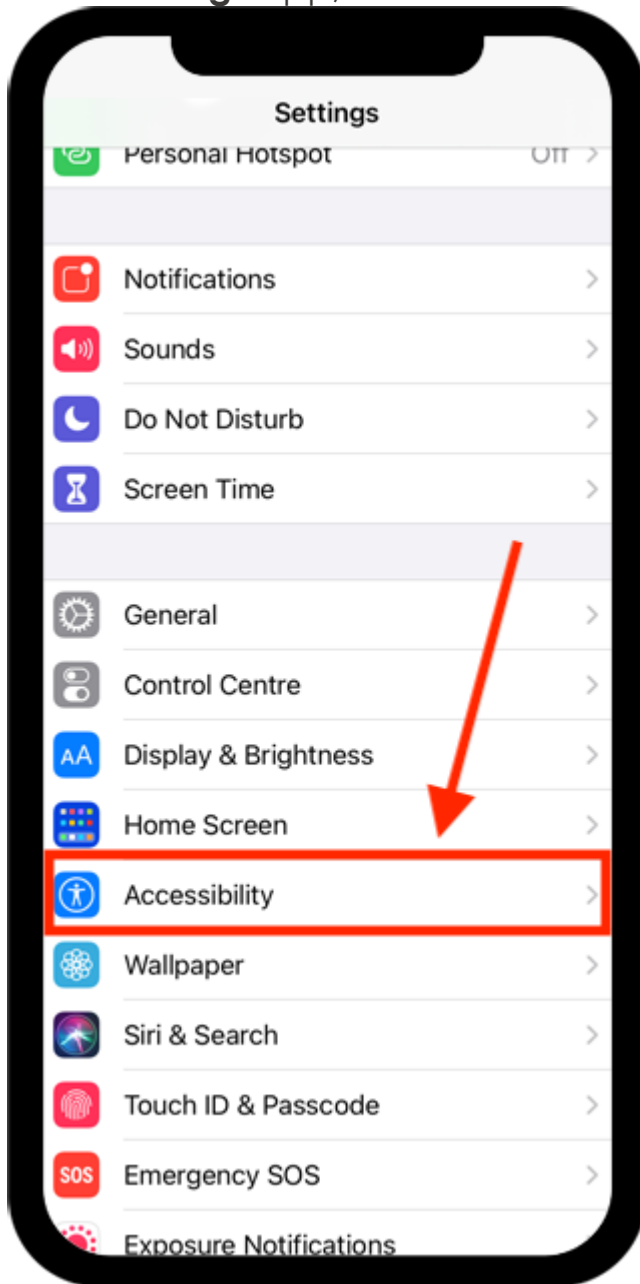


An example of the type of menu that appears when you long press on an item.

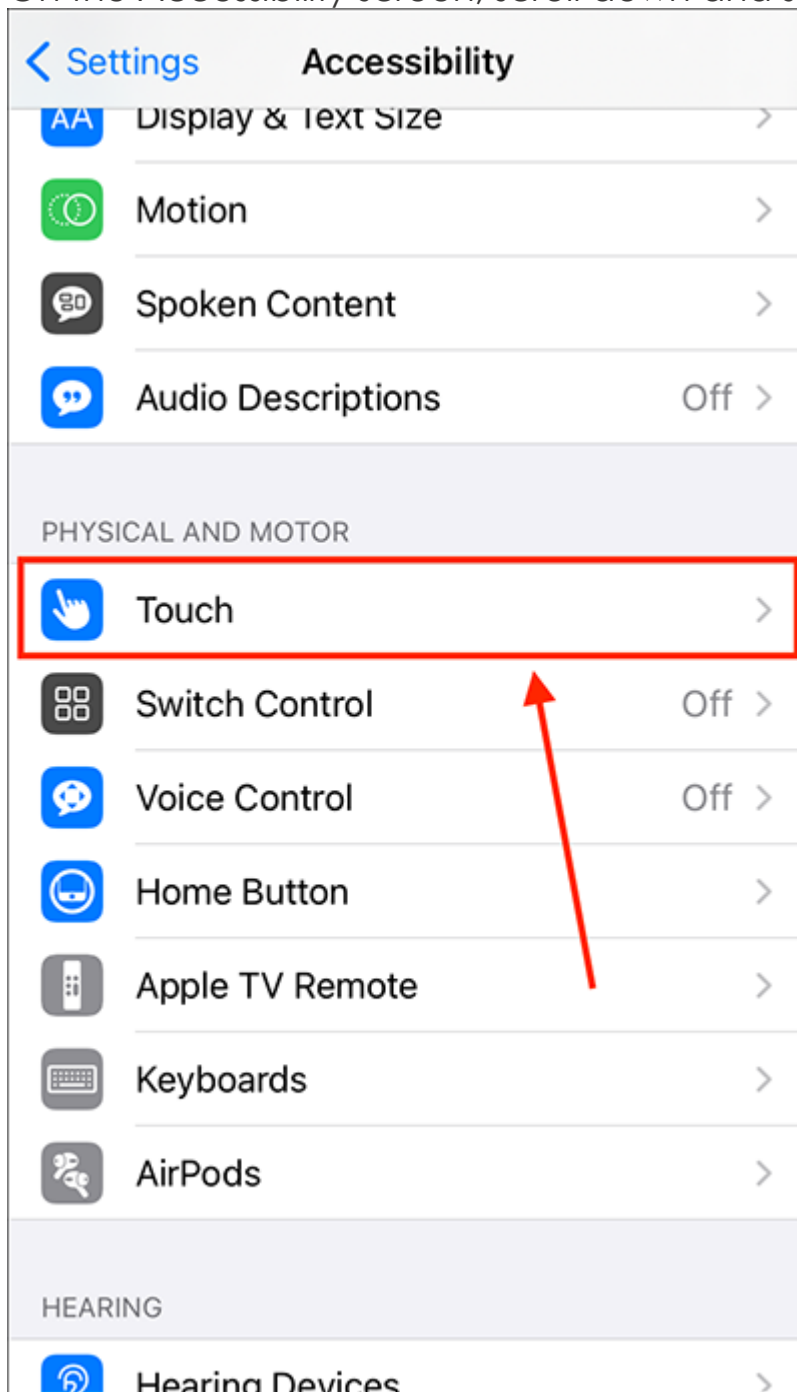
1. Open the **Settings** app . *Note: The Settings app icon may appear in a different place on your home screen than shown in our example, below.*



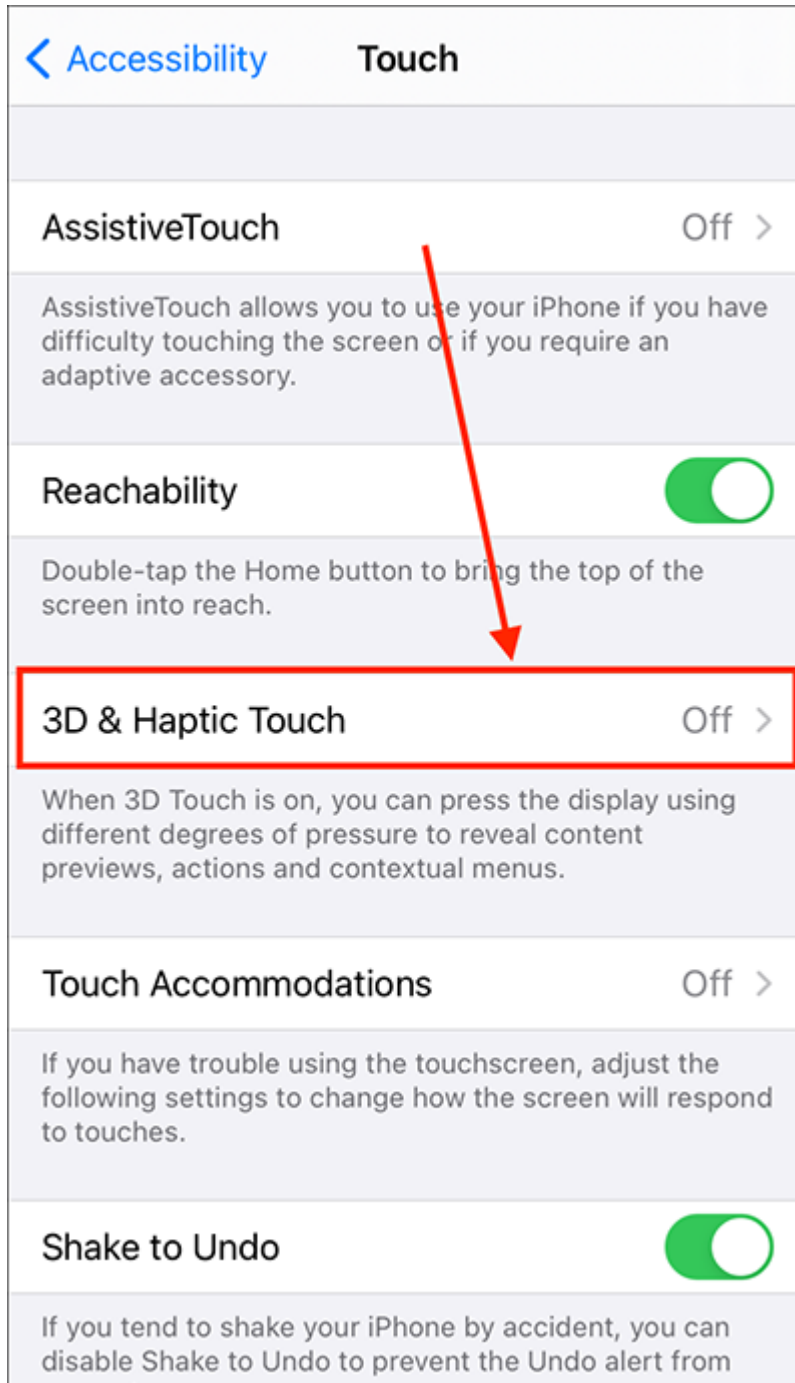
2. In the **Settings** app, scroll down and select **Accessibility** from the list.



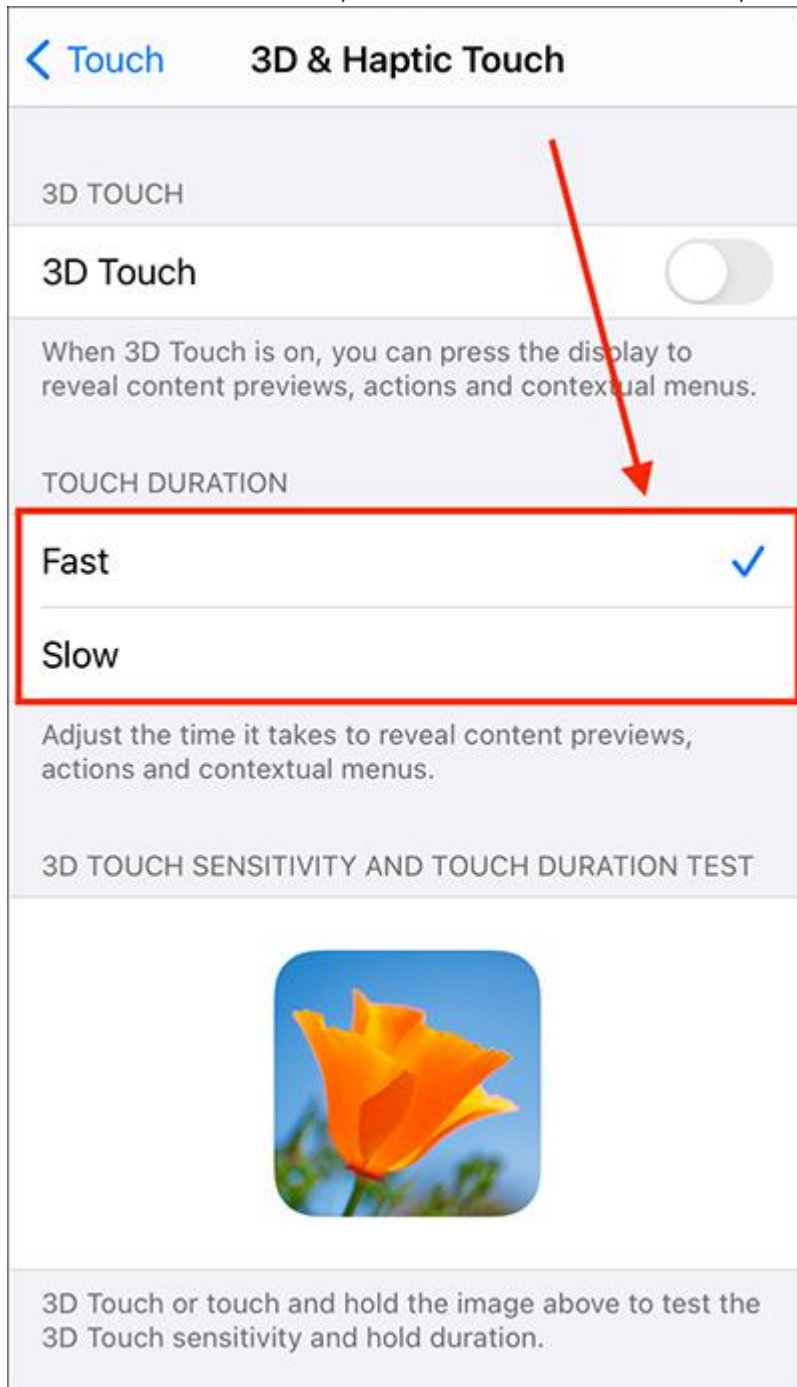
3. On the Accessibility screen, scroll down and select **Touch**.



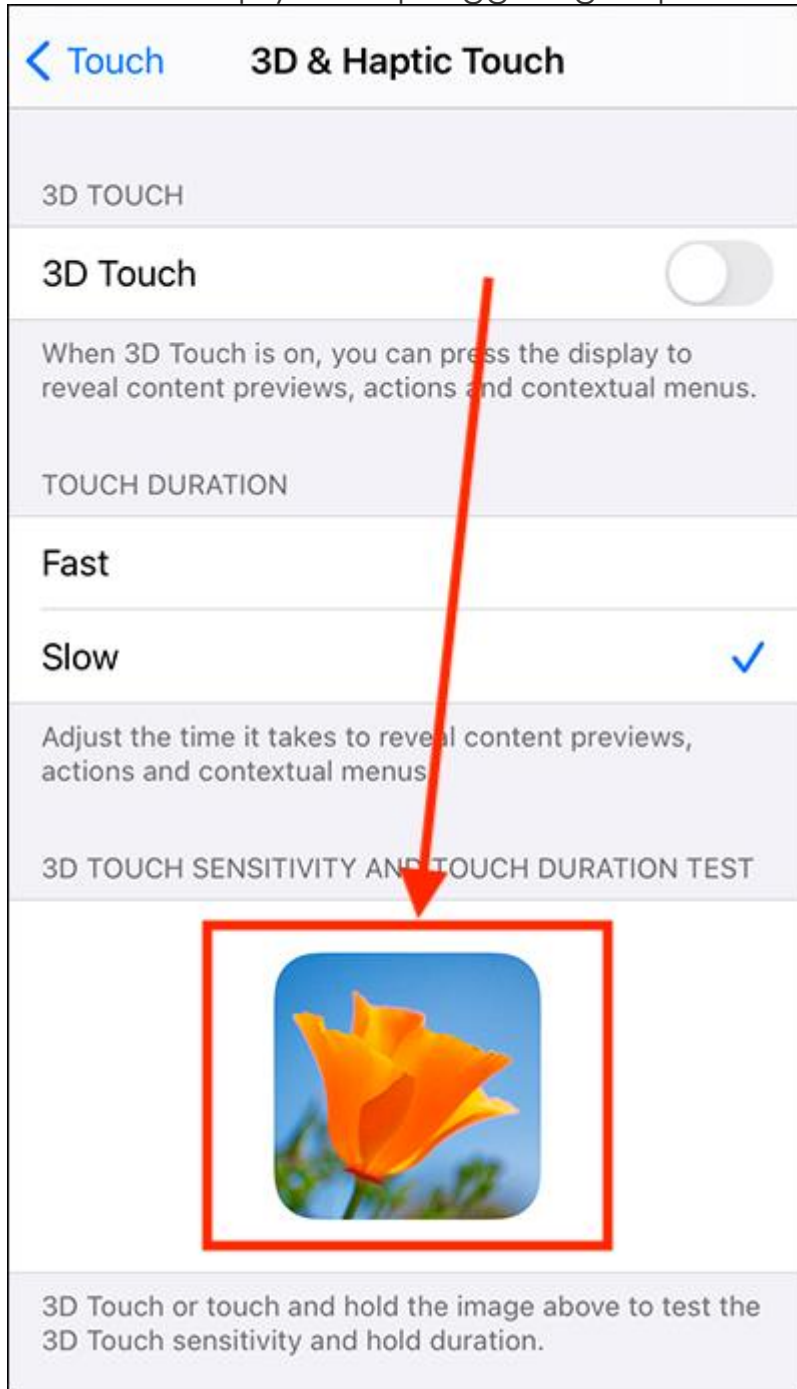
4. On the next screen, select **3D & Haptic Touch**. Note: Some devices do not have 3D Touch so the menu label will say Haptic Touch.



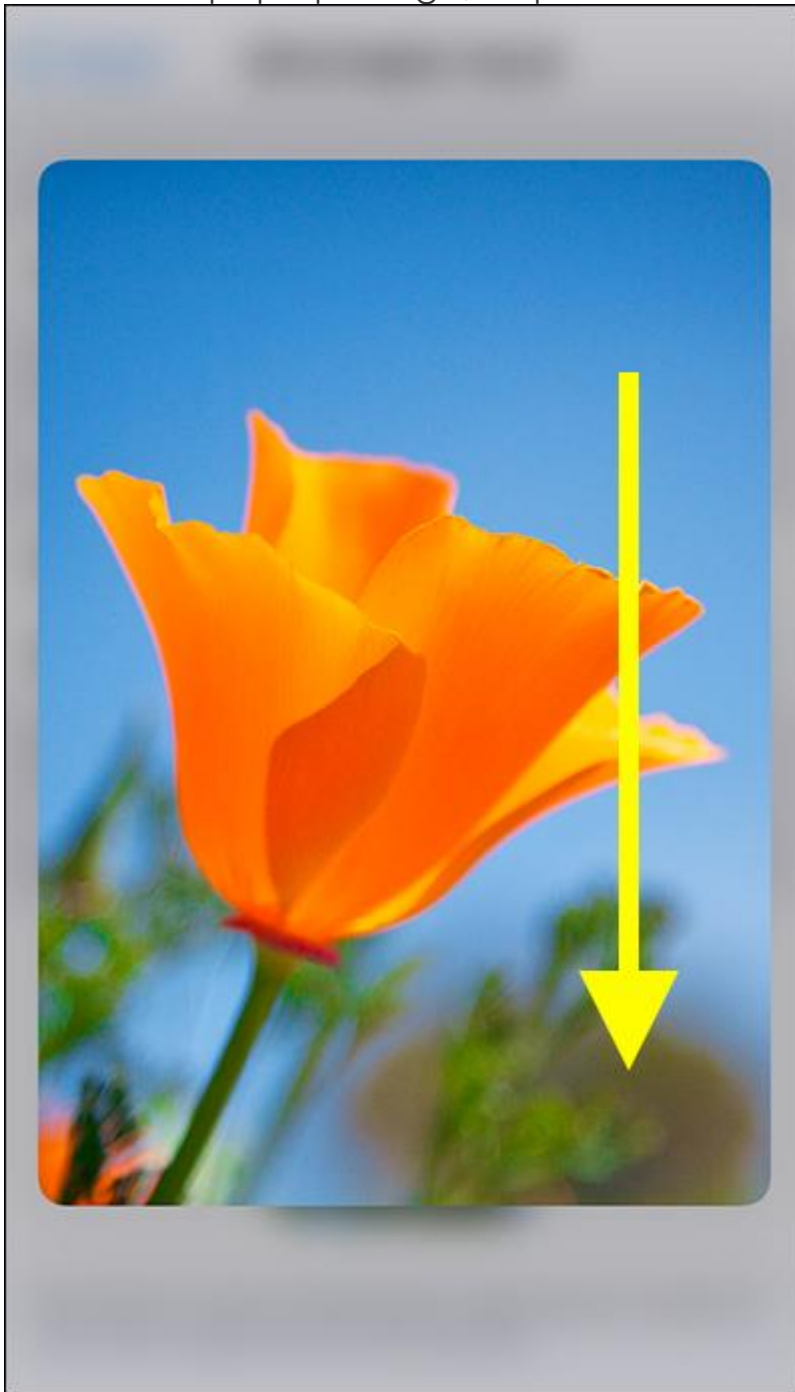
5. On the next screen, under Touch Duration, choose **Fast** or **Slow**.



6. You can test your setting by touch and holding on the example image until it pops up. The difference may not be that noticeable but it can help you stop triggering Haptic Touch by accident.



7. To hide the pop-up image, swipe down on it.



8. When you are happy with your settings, you can return to the home screen page of apps by:
- On devices with Face ID: Swipe up from the bottom of the screen.
 - On all other devices: Press the home button once.