



If your phone rings all day with unknown numbers, telemarketers, scams, or those robotic spam calls, Apple just gave you a tool to fight back. With the latest **iOS 26 update** (updates are important!), iPhones now include a built-in Call Screening feature that helps you filter out spam and unwanted calls before they interrupt you.

The idea here is simple: instead of letting every unknown number ring your phone, your iPhone can act like a bouncer at the door. When someone not in your contacts calls, your phone automatically answers quietly and asks the caller who they are and why they're calling. You get a live transcription on your screen, and *then* you choose what to do, answer, ignore, or send the call to voicemail.

### Three Ways to Handle Unknown Calls

Once you update to iOS 26 (Settings → General → Software Update), you can turn on Call Screening under **Settings → Apps → Phone → Screen Unknown Callers**. You'll see three options:

- **Never** – Turn screening off so every call rings as normal.
- **Ask Reason for Calling** – This is the middle ground: Siri-style prompts the caller and shows you the text before deciding.
- **Silence** – Unknown calls go straight to voicemail and won't ring your phone at all.

That second option — “Ask Reason for Calling” — is the game-changer for many people. It doesn't just silence unknown calls; it gives you context. That means doctors, delivery drivers, or real contacts still have a chance to get through if they explain who they are and why they're calling.

This feature doesn't magically block every spam call in the background like some third-party apps do. Instead, it adds a quick human-filter step so you can avoid answering calls you don't want. Automated spam systems often fail this simple prompt, which reduces how often your phone rings. Some carriers and apps still offer deeper spam-blocking tools (and you *can* use those in addition if you want), but Apple's built-in option means you don't have to rely on extra downloads or services.

So what should you do? If you're tired of spam calls interrupting your day, here's a quick plan:

1. **Update to iOS 26** — make sure your phone has the latest software.
2. **Turn on Call Screening** in your Phone settings.
3. **Choose “Ask Reason for Calling”** so you can see what unknown callers want *before* you pick up.

Once it's set up, you'll notice fewer unwanted interruptions and more peace of mind. It's a simple change that can make your iPhone feel a lot more personal and a lot less like a public hotline.