Name: _____ Date: _____ Score: _____

# Best Free VPN for Phone

Comparing free VPN apps, data caps and kill switches on an iPhone or Android phone

## FREE VPNS ON A PHONE LEARNING OVERVIEW

**LEARNER**
STUDENT STATUS
Mobile Privacy Track

**4 PICKS**
PLANS COMPARED
Proton, Windscribe, Hide.me, TunnelBear

**NO CAP**
TOP FREE PICK
Proton VPN data limit

**Welcome! This activity packet guides you through** choosing a free VPN for a phone. You will explore who pays for a free app, monthly data caps, fake apps, iPhone and Android risks, kill switches, split tunneling and safe setup.

### WORKSHEET CHECKPOINTS

- [ ] **Part 1-4: Master VPN and network security configurations.**
- [ ] **Part 5-7: Solve crossword & word search puzzles.**
- [ ] **Part 8-9: Solve case studies & cipher challenge.**
- [ ] **Part 10: Review basic & advanced FAQ pages.**
- [ ] **Part 11: Explore 10 interesting real-world facts.**
- [ ] **Bonus: Think Fast challenge.**

**Open the VPN.com Phone VPN Guide**

URL: https://www.vpn.com/vpn/best-free-vpn/mobile/

# Your Free Phone VPN Learning Roadmap

- Explain why a free VPN is only worth installing as the limited free plan of a paid service.
- Compare the free data caps of Proton VPN, Windscribe, Hide.me and TunnelBear.
- Read which providers state a kill switch or split tunneling on Android and iPhone.
- Compare free device limits and free server locations across the four plans.
- Spot a fake app and follow safe steps to install a VPN on iPhone and Android.
- Decide when a free plan stops being enough and a paid plan is the better fit.

## FREE VPNS ON A PHONE INSTRUCTIONS

Answer the multiple choice and true/false questions, complete the fill-in-the-blank sentences using the word bank, match definitions, and solve the crossword and word search puzzles. Use the facts from the VPN.com guide to decide which free plan fits a phone. Finish with the Bonus Activity: Think Fast.

## WHO PAYS, CAPS AND FAKE APPS (INTRODUCTION)

A phone moves between Wi-Fi and cellular, installs apps from a store and is usually one device. That makes data caps, fake apps and device limits matter. Ask who pays for the app before you trust it with your traffic.

**READ EACH CHECKPOINT CAREFULLY AND SELECT OR WRITE THE CORRECT RESPONSE.**

## Checkpoint 1: Multiple Choice Challenge

**1. On an iPhone, what is the main risk when you install a VPN app?**

- A) A fake listing in the App Store
- B) An app file installed from outside the store
- C) A browser extension that covers one tab
- D) A missing SIM card

**2. Which of the four free plans has no data cap?**

- A) Hide.me
- B) TunnelBear
- C) Proton VPN
- D) Windscribe

**3. How many free server locations does Hide.me offer?**

- A) Ten locations
- B) Five locations
- C) All locations
- D) One location

**4. How much free data does TunnelBear give each month?**

- A) 10 GB
- B) 5 GB
- C) Unlimited data
- D) 2 GB

**5. Which provider's free plan allows an unlimited number of devices?**

- A) Proton VPN
- B) Windscribe
- C) Hide.me
- D) TunnelBear

## Checkpoint 2: True or False Challenge

### 6 Question 6

6. Proton VPN states a kill switch in all its apps.

○ True ○ False

### 7 Question 7

7. On an iPhone you can install an app file from outside the App Store.

○ True ○ False

### 8 Question 8

8. Windscribe's free plan allows only one device at a time.

○ True ○ False

### 9 Question 9

9. Proton VPN's free plan lets you choose which server location you connect to.

○ True ○ False

### 10 Question 10

10. TunnelBear's Cure53 security audits have been published since 2016.

○ True ○ False

## Checkpoint 3: Key Term Insertion

Read each sentence below and fill in the blank with the correct term from the Word Bank.

1. A _____ blocks your traffic if the VPN drops, so your real connection is not exposed.

2. The only free plan on this page with no data cap is from _____ VPN.

3. The free plan that allows an unlimited number of devices is from _____ .

4. A cap on free data is called a _____ , and background apps on a phone count against it.

5. Before you install, check that the _____ name on the store listing matches the provider.

6. A _____ copies a real provider's name and icon to trick you into installing it.

**VOCABULARY WORD BANK**

DATA CAP DEVELOPER FAKE APP KILL SWITCH PROTON SPLIT TUNNEL TUNNELBEAR WINDSCRIBE

**Write your answers here:**

1. 
2. 
3. 
4. 
5. 
6. 

# Checkpoint 4: Phone VPN Concept Match

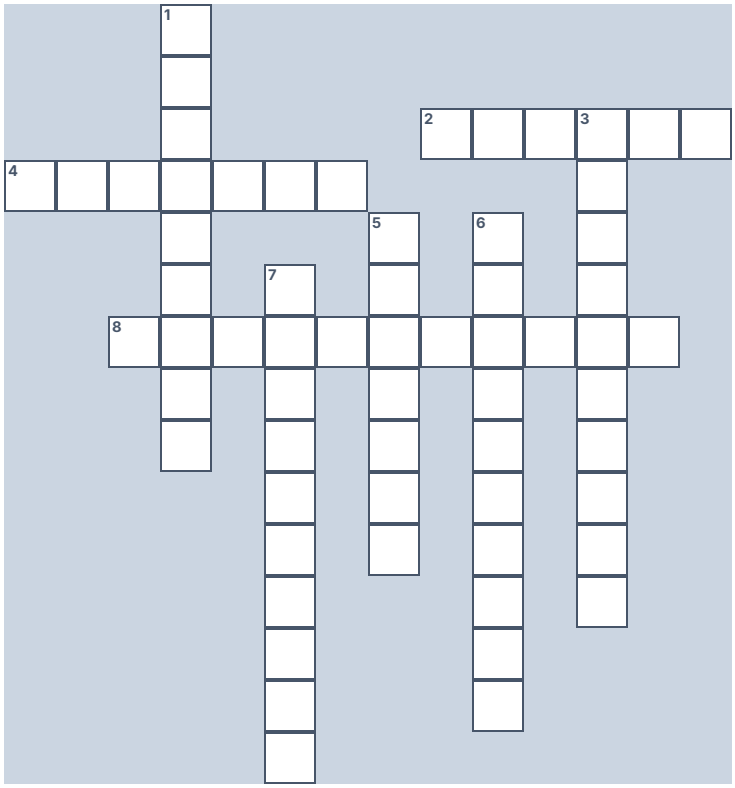
## DEFINITION MATCHING

Match each vocabulary term on the left with its correct definition on the right by writing the corresponding letter (A-H) in the fillable input box.

| | | | |
|---|---|---|---|
| ☐ | 1. KILL SWITCH | A | Monthly limit on free data. |
| ☐ | 2. PROTON | B | Blocks your traffic if the VPN drops. |
| ☐ | 3. WINDSCRIBE | C | Keeps chosen apps outside the VPN. |
| ☐ | 4. DATACAP | D | Name on a store listing that should match the provider. |
| ☐ | 5. DEVELOPER | E | Free plan that allows unlimited devices. |
| ☐ | 6. FAKEAPP | F | Free plan here with no data cap. |
| ☐ | 7. SPLIT TUNNEL | G | Free plan with the lowest cap, 2 GB a month. |
| ☐ | 8. TUNNELBEAR | H | App that copies a real provider's name and icon. |

## Checkpoint 5: Crossword Puzzle

Solve the crossword puzzle by typing letters into the active white boxes. The numbers correspond to the clues below.




### ACROSS

**2. Free plan here with no data cap (6)**

**4. App that copies a real provider's name and icon (7)**

**8. Keeps chosen apps outside the VPN (11)**

### DOWN

**1. Name on a store listing that should match the provider (9)**

**3. Free plan with the lowest cap, 2 GB a month (10)**

**5. Monthly limit on free data (7)**

**6. Free plan that allows unlimited devices (10)**

**7. Blocks your traffic if the VPN drops (10)**

# Checkpoint 5 Alternative: Accessible Crossword Clues

Screen-reader and keyboard users can type the crossword answers directly in the text fields below.

## ACROSS

**2 across: Free plan here with no data cap (6 letters):**

**4 across: App that copies a real provider's name and icon (7 letters):**

**8 across: Keeps chosen apps outside the VPN (11 letters):**

## DOWN

**1 down: Name on a store listing that should match the provider (9 letters):**

**3 down: Free plan with the lowest cap, 2 GB a month (10 letters):**

**5 down: Monthly limit on free data (7 letters):**

**6 down: Free plan that allows unlimited devices (10 letters):**

**7 down: Blocks your traffic if the VPN drops (10 letters):**

## Checkpoint 6: Hidden Word Search

Find the 8 key vocabulary terms hidden in the grid below. Words can be horizontal, vertical, or diagonal.

P R O T O N C T P X L K Y K X
T K D Q M J D U I N D N K Q P
H P G M M Q R N S T E T G C S
C P Q O H S B N W D V S Z V C
T A Z W F S K E H Z E D N W D
I E Q X P P C L U B L A Z I N
W K D K A L D B O D O F H N I
S A D R Q I M E E D P I R D Z
L F S F Q T V A F A E A A S Q
L O N P T T X R Q T R K R C U
I S D N Y U B F S A X W J R A
K R Z Y Y N L G I C M R J I M
L T O H Q N Q H Z A A O V B G
U B Y R Y E B H L P Z G J E O
P N W C M L Z Y G Y O W U K V

**VOCABULARY WORD LIST**

KILLSWITCH PROTON WINDSCRIBE DATACAP DEVELOPER FAKEAPP SPLITTUNNEL TUNNELBEAR

# Checkpoint 6 Alternative: Accessible Vocabulary Matching

Match each of the 8 vocabulary terms from the Word Search to its correct definition by writing the letter (A-H) in the blank space.

**VOCABULARY TERMS**

- **A. KILLSWITCH**
- **B. PROTON**
- **C. WINDSCRIBE**
- **D. DATACAP**
- **E. DEVELOPER**
- **F. FAKEAPP**
- **G. SPLITTUNNEL**
- **H. TUNNELBEAR**

**DEFINITIONS & MATCH FIELDS**

1. Free plan here with no data cap.
2. App that copies a real provider's name and icon.
3. Monthly limit on free data.
4. Free plan with the lowest cap, 2 GB a month.
5. Blocks your traffic if the VPN drops.
6. Keeps chosen apps outside the VPN.
7. Free plan that allows unlimited devices.
8. Name on a store listing that should match the provider.

## Checkpoint 7: Scrambled Word Challenge

Unscramble the letters below to reveal the key phone VPN terms. Write your answers in the input boxes provided.

1. CIWSIKTHLL
2. BDWISERICN
3. DOLEPREEV
4. UELTLTNNSPI
5. TONPOR
6. ATCDAPA
7. FPAPAEK
8. ANLRTEUBEN

# Bonus Activity: Think Fast

3 ITEMS FROM EACH CATEGORY. FIRST PERSON TO COMPLETE THE LIST WINS.

| | | | | |
|---|---|---|---|---|
| 1 | Places where you would use a VPN | | | |
| 2 | Things a VPN can hide | | | |
| 3 | Things your internet provider can see | | | |
| 4 | Myths about VPNs | | | |
| 5 | Promises a good VPN provider makes | | | |
| 6 | Reasons to pay for a VPN | | | |
| 7 | Warning signs in a free app | | | |
| 8 | Ways a free VPN can make money | | | |
| 9 | Words related to privacy | | | |
| 10 | Ways to spot a fake Wi-Fi network | | | |
| 11 | Things a VPN can't protect you from | | | |
| 12 | Things that are free but cost you data | | | |
| 13 | Free VPN services you know | | | |
| 14 | Words from this worksheet you want to remember | | | |
| 15 | Limits of a free VPN | | | |

# Checkpoint 8: Phone VPN Case Studies

Apply the concepts you have learned to solve the real-world scenarios below.

## CASE STUDY 1: ANDROID APP FILE



**Scenario: A student with an Android phone finds a free VPN app file** on a website and installs it from outside the Play Store.

**Discussion Question: Why is this riskier than a store listing,** and what should the student do instead?

## CASE STUDY 2: THE CELLULAR CAP



**Scenario: A student installs TunnelBear's free plan and streams video on** cellular. A few days later the 2 GB for the month is almost gone.

**Discussion Question: What limit is the student reaching,** and what could the student do about it?

## Checkpoint 9: Decrypting the Cipher

A phone user compares free VPN apps before installing one. Use the Letter-to-Number key below to decrypt the message by writing the matching letters in the blank spaces.

**LETTER-TO-NUMBER ENCRYPTION KEY**

A=1 B=2 C=3 D=4 E=5 F=6 G=7 H=8 I=9 J=10 K=11 L=12 M=13

N=14 O=15 P=16 Q=17 R=18 S=19 T=20 U=21 V=22 W=23 X=24 Y=25 Z=26

| 3 | 8 | 5 | 3 | 11 | | 20 | 8 | 5 | | 16 | 18 | 15 | 22 | 9 | 4 | 5 | 18 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | |

**Decoded message:**

TIP: EACH NUMBER REPRESENTS THE POSITION OF THAT LETTER IN THE ALPHABET (E.G. 1 = A, 2 = B, 26 = Z).

# Checkpoint 10: Basic VPN FAQs (Part A)

Review the most common questions and answers about free VPN plans on a phone.

### Q1: Is there a free VPN for iPhone and Android that is safe?

Yes, if it is the limited free plan of a paid service. Proton VPN, Windscribe, Hide.me and TunnelBear fit that description, because paying customers fund them. Install from the provider's own link to the store.

### Q2: Which free VPN has no data limit on a phone?

Of the four on this page, only Proton VPN has no data cap on its free plan. It allows one device at a time and assigns your server for you.

### Q3: Can a free VPN app sell my data?

An ad funded free VPN can. The US Federal Trade Commission has warned that many free VPN apps are free because they sell advertising or share your information with third parties.

### Q4: Can I use one free VPN on my phone and my laptop?

It depends on the plan. Windscribe's free plan allows unlimited devices, while Proton VPN's allows one device at a time. Hide.me and TunnelBear do not state a free plan limit.

### Q5: How do I install a free VPN on my iPhone safely?

Open the provider's website, follow its link to the App Store, and check that the developer name matches the provider. Install the app, create a free account, then turn on any kill switch the app offers.

# Checkpoint 10: Basic VPN FAQs (Part B)

Review the most common questions and answers about free VPN plans on a phone.

### Q6: Does a free VPN have a kill switch on a phone?

Only some say so. Proton VPN states a kill switch in all its apps. For the other providers the page does not give a clear answer by platform, so check the app settings after you install.

### Q7: Can a free VPN split traffic on Android?

Windscribe and Proton VPN both state split tunneling on Android. Neither states it on iPhone. Check the app settings before relying on it.

### Q8: Will a free VPN slow down my phone?

Usually a little. Free plans share a smaller set of servers, and a VPN adds some delay to every connection. Choose the closest server you can.

### Q9: When should I move to a paid plan on my phone?

Move when you hit the data cap in the first half of the month, when you need to choose a server, or when you need more than the free device limit.

### Q10: Does Not stated mean a feature is missing?

No. It means the provider does not say, so the page does not claim it either way. Check the app settings after you install.

# Checkpoint 10: Advanced VPN FAQs (Part C)

Explore the deeper points from the guide: iPhone and Android risks, data caps, funding and card requests.

### Q1: Why do iPhone and Android carry different risks?

On an iPhone, apps come from the App Store only, so the risk is a fake listing that copies a real provider. Android also lets you install an app file from outside the store.

### Q2: What did the 2016 study of Android VPN apps find?

A 2016 peer reviewed study of 283 Android apps that use the VPN permission found apps that leak traffic, intercept encrypted connections and inject tracking code.

### Q3: Why does a data cap run down faster on a phone?

A phone moves between Wi-Fi and cellular, and cellular use and background apps count against the cap, so it can run down faster than on a laptop.

### Q4: Why can a free plan from a paid provider be safer?

A free plan from a provider that earns from paid subscriptions has no need to sell your data. Check how the app is funded and read its privacy policy before you sign in.

### Q5: Should a free plan ask for a card?

A trustworthy free plan should not ask for a card when you create a free account.

# Checkpoint 10: Advanced VPN FAQs (Part D)

Explore the deeper points from the guide: regional content, free plan limits and which plan fits which user.

### Q6: Are free plans good for content in other regions?

They are the weakest choice. The free server pools are small, and the terms of the service you want to reach still apply.

### Q7: What can a free plan not do well on a phone?

It is built to give you a taste of the paid service, so it limits data, servers or speed. If you want a VPN that stays on all day, a paid plan on a nearby server is the better fit.

### Q8: What can I do with Hide.me's free plan?

It gives you 10 GB a month and a choice of five server locations, and it supports its full set of protocols, WireGuard included.

### Q9: What is Windscribe's free plan best for?

Households with several devices and light data use. It covers unlimited devices and adds an ad and tracker blocker. Its monthly data cap is the limit to check on the plan page before you install.

### Q10: What is Proton VPN's main limit on its free plan?

It allows one device and assigns you a server in one of its ten free countries, so you cannot choose where you connect.

## Part 11: 10 Real-World VPN Facts & Insights

Review real-world facts from the guide about free phone VPNs, data caps, kill switches and safe setup.

**1. VPN INSIGHT**

The guide ranks four free plans by Trust Score: Proton VPN 85, Hide.me 78, Windscribe VPN 76 and TunnelBear 70.

**2. VPN INSIGHT**

Proton VPN is the only one of the four with no data cap, and its free plan has no ads.

**3. VPN INSIGHT**

Proton VPN's free plan allows one device and assigns a server in one of its ten free countries.

**4. VPN INSIGHT**

Windscribe's free plan covers an unlimited number of devices and adds a built in ad and tracker blocker.

**5. VPN INSIGHT**

Hide.me gives 10 GB a month and a choice of five server locations, with its full set of protocols, WireGuard included.

**6. VPN INSIGHT**

TunnelBear's Cure53 security audits have been published since 2016, and its free plan allows only 2 GB a month.

**7. VPN INSIGHT**

On an iPhone, apps come from the App Store only, so the main risk is a fake listing that copies a real provider.

**8. VPN INSIGHT**

A 2016 peer reviewed study of 283 Android apps that use the VPN permission found apps that leak traffic and inject tracking code.

**9. VPN INSIGHT**

The free plan data in the comparison was checked on 2026-10-12, and a cap or limit can change.

**10. VPN INSIGHT**

The US Federal Trade Commission has warned that many free VPN apps sell advertising or share your information with third parties.

# Technical References & Sources

The study guide and interactive puzzles are compiled from the sources cited on the VPN.com guide and from the guide itself.

## SCHOLARLY & INDUSTRY REFERENCES

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[3] TunnelBear: Secure VPN Service. Buy TunnelBear VPN with Credit Card.

https://www.tunnelbear.com/pricing

[4] Federal Trade Commission. 2018. In the market for a VPN app?

https://www.ftc.gov/business-guidance/blog/2018/02/market-vpn-app

[5] VPN.com. Best Free VPN for Phone. Decision guide, updated October 2026.

https://www.vpn.com/vpn/best-free-vpn/mobile/

## Answer Key: Checkpoint 1 - Multiple Choice

**1** **iPhone Risk** FAKE LISTING — Correct Answer: A

### TEACHING NOTE

On an iPhone, apps come from the App Store only, so the risk is a fake listing that copies a real provider.

**2** **No Data Cap** PROTON VPN — Correct Answer: C

### TEACHING NOTE

Of the four on this page, only Proton VPN has no data cap on its free plan.

**3** **Hide.me Locations** FIVE LOCATIONS — Correct Answer: B

### TEACHING NOTE

Hide.me's free plan gives a choice of five server locations.

**4** **TunnelBear Cap** 2 GB A MONTH — Correct Answer: D

### TEACHING NOTE

TunnelBear's free plan allows only 2 GB a month.

**5** **Unlimited Devices** WINDSCRIBE — Correct Answer: B

### TEACHING NOTE

Windscribe's free plan covers an unlimited number of devices.

## Answer Key: Checkpoint 2 - True or False

**6** **Question 6** — Correct Answer: True

### TEACHING NOTE

Proton VPN states a kill switch in all its apps.

**7** **Android App Files** OUTSIDE THE STORE — Correct Answer: False

### TEACHING NOTE

Apps on an iPhone come from the App Store only. Installing an app file from outside the store is an Android option.

**8** **Windscribe Devices** UNLIMITED — Correct Answer: False

### TEACHING NOTE

Windscribe's free plan allows an unlimited number of devices, not one.

**9** **Proton Server** ASSIGNED FOR YOU — Correct Answer: False

### TEACHING NOTE

Proton VPN's free plan assigns you a server in one of its ten free countries, so you cannot choose.

**10** **Question 10** — Correct Answer: True

### TEACHING NOTE

TunnelBear's Cure53 security audits have been published since 2016.

# Vocabulary Keys & Grading Rubric

**Instructor Grading Rubric: Award 1 point for each correct matching (8 points total) and context term (6 points total).**

## CHECKPOINT 4: CONCEPT MATCH KEY

| | | | |
|---|---|---|---|
| B 1. KILL SWITCH | F 2. PROTON | E 3. WINDSCRIBE | A 4. DATACAP |
| D 5. DEVELOPER | H 6. FAKEAPP | C 7. SPLIT TUNNEL | G 8. TUNNELBEAR |

## CHECKPOINT 3: KEY TERM KEY

| | | | |
|---|---|---|---|
| 1 KILL SWITCH | 2 PROTON | 3 WINDSCRIBE | 4 DATA CAP |
| 5 DEVELOPER | 6 FAKE APP | | |

## CHECKPOINT 6 ALTERNATIVE: VOCABULARY MATCH KEY

| | | | |
|---|---|---|---|
| 1 B – PROTON | 2 F – FAKEAPP | 3 D – DATACAP | 4 H – TUNNELBEAR |
| 5 A – KILLSWITCH | 6 G – SPLITTUNNEL | 7 C – WINDSCRIBE | 8 E – DEVELOPER |

## DISCUSSION NOTES FOR INSTRUCTORS

**Key Terms:**
Check that students can explain KILL SWITCH, PROTON and WINDSCRIBE in their own words and give an example of each.

**Case Studies:**
Ask students to support their recommendations with facts from the worksheet rather than assumptions.

**Source Evaluation:**
Have students verify at least one claim against the worksheet references, and discuss why figures, prices and rules can change over time.

# Puzzles Keys & Instructor Notes

## WORD SEARCH SOLUTION

| P | R | O | T | O | N | C | T | P | X | L | K | Y | K | X |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | K | D | Q | M | J | D | U | I | N | D | N | K | Q | P |
| H | P | G | M | M | Q | R | N | S | T | E | T | G | C | S |
| C | P | Q | O | H | S | B | N | W | D | V | S | Z | V | C |
| T | A | Z | W | F | S | K | E | H | Z | E | D | N | W | D |
| I | E | Q | X | P | P | C | L | U | B | L | A | Z | I | N |
| W | K | D | K | A | L | D | B | O | D | O | F | H | N | I |
| S | A | D | R | Q | I | M | E | E | D | P | I | R | D | Z |
| L | F | S | F | Q | T | V | A | F | A | E | A | A | S | Q |
| L | O | N | P | T | T | X | R | Q | T | R | K | R | C | U |
| I | S | D | N | Y | U | B | F | S | A | X | W | J | R | A |
| K | R | Z | Y | Y | N | L | G | I | C | M | R | J | I | M |
| L | T | O | H | Q | N | Q | H | Z | A | A | O | V | B | G |
| U | B | Y | R | Y | E | B | H | L | P | Z | G | J | E | O |
| P | N | W | C | M | L | Z | Y | G | Y | O | W | U | K | V |

## CROSSWORD SOLUTION




## INSTRUCTOR GUIDE FOR CROSSWORD SOLUTIONS

### ACROSS

**2 across: PROTON** Free plan here with no data cap (6 letters)

**4 across: FAKEAPP** App that copies a real provider's name and icon (7 letters)

**8 across: SPLITTUNNEL** Keeps chosen apps outside the VPN (11 letters)

### DOWN

**1 down: DEVELOPER** Name on a store listing that should match the provider (9 letters)

**3 down: TUNNELBEAR** Free plan with the lowest cap, 2 GB a month (10 letters)

**5 down: DATACAP** Monthly limit on free data (7 letters)

**6 down: WINDSCRIBE** Free plan that allows unlimited devices (10 letters)

**7 down: KILLSWITCH** Blocks your traffic if the VPN drops (10 letters)

# Scrambled Words & Cipher Solution Key

Grading key for the vocabulary word unscramble activity and Secret Cipher Challenge.

## WORD UNSCRAMBLE KEY

| | | | | | |
|---|---|---|---|---|---|
| 1. | CIWSIKTHLL | KILLSWITCH | 5. | TONPOR | PROTON |
| 2. | BDWISERICN | WINDSCRIBE | 6. | ATCDAPA | DATACAP |
| 3. | DOLEPREEV | DEVELOPER | 7. | FPAPAEK | FAKEAPP |
| 4. | UELTLTNNSPI | SPLITTUNNEL | 8. | ANLRTEUBEN | TUNNELBEAR |

## SECRET CIPHER CHALLENGE KEY

**"CHECK THE PROVIDER"**

# Case Studies Solution Key

## A Case Study 1: Android App File

Instructor Solution

### GRADING GUIDELINE

**Student answers should cover the following points:**

- Scenario Analysis: A student with an Android phone finds a free VPN app file on a website and installs it from outside the Play Store.
- Recommended Strategy & Solution: Android lets you install an app file from outside the store, and a 2016 peer reviewed study of 283 Android apps that use the VPN permission found apps that leak traffic, intercept encrypted connections and inject tracking code. The student should open the provider's own website and follow its link to the store listing, then check that the developer name matches the provider.

## B Case Study 2: The Cellular Cap

Instructor Solution

### GRADING GUIDELINE

**Student answers should cover the following points:**

- Scenario Analysis: A student installs TunnelBear's free plan and streams video on cellular. A few days later the 2 GB for the month is almost gone.
- Recommended Strategy & Solution: The student is reaching the free cap of 2 GB a month, the lowest of the four plans, and cellular use and background apps count against it. The student can find where the app shows the remaining data, treat the plan as a first try, or move to Proton VPN, which has no data cap, or to a paid plan.