



How to bulk delete spam and old text messages on iPhone

Kurt Knutsson, CyberGuy Report Published on December 4, 2024 6:00am EST



A woman on her iPhone bulk deleting text messages (Kurt "CyberGuy" Knutsson)

The CyberGuy shows how to quickly clean up an iPhone's Messages app to keep spam texts at bay.

Are you tired of scrolling through endless spam and old text messages on [your iPhone](#)?

You're not alone! Many of us struggle with cluttered inboxes filled with unwanted messages.

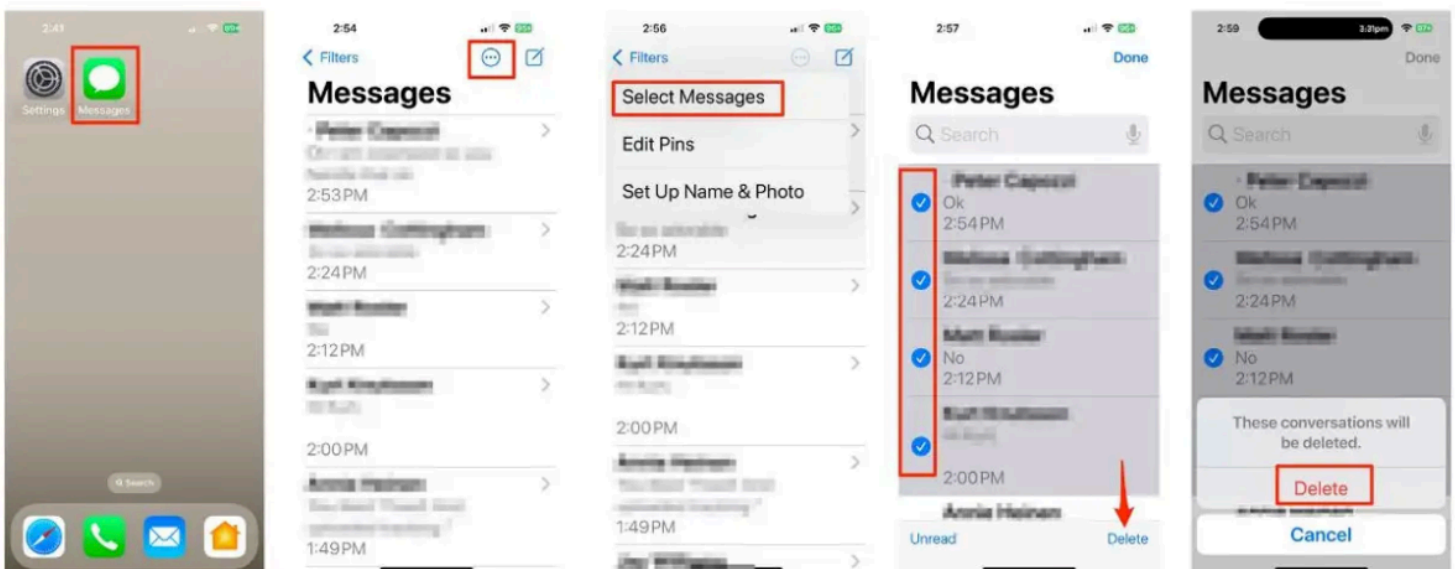
Well, I've got some great news for you. I'm here to show you how to quickly clean up your iPhone's

Messages app and keep those pesky spam texts at bay.

How to bulk delete unwanted conversations

Let's start with bulk deleting those unwanted conversations:

- Open up your **Messages** app on your iPhone.
- Look for that **Edit button** in the top-right corner and give it a tap.
- Click **Select Messages**
- Now, you can select multiple conversations at once by clicking the **round circle** next to all those spam threads or old chats you no longer want.
- Once you've made your selections, hit that **Delete** button in the bottom-right corner.
- You'll be asked to confirm your decision by clicking **Delete** again. Boom, all those spam threads and old chats are gone in seconds.

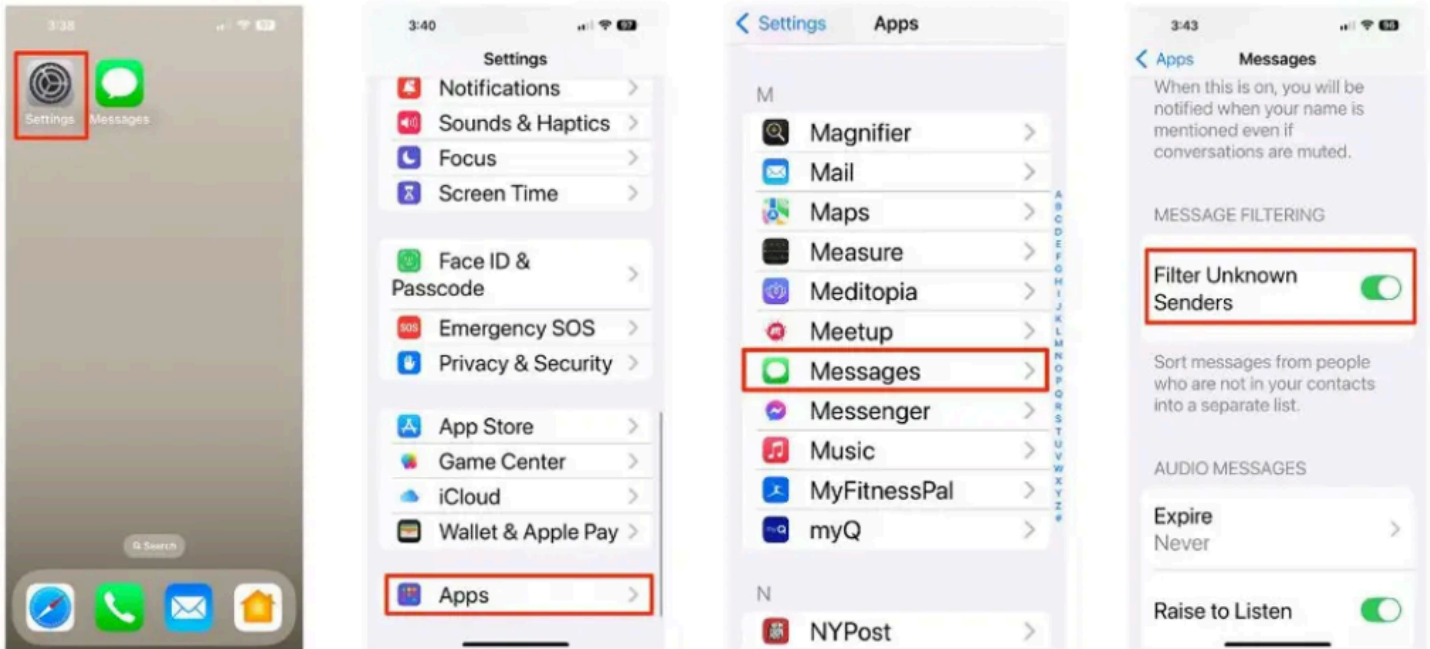


Steps to bulk delete unwanted conversations (Kurt "CyberGuy" Knutsson)

How to filter out spam messages on iPhone

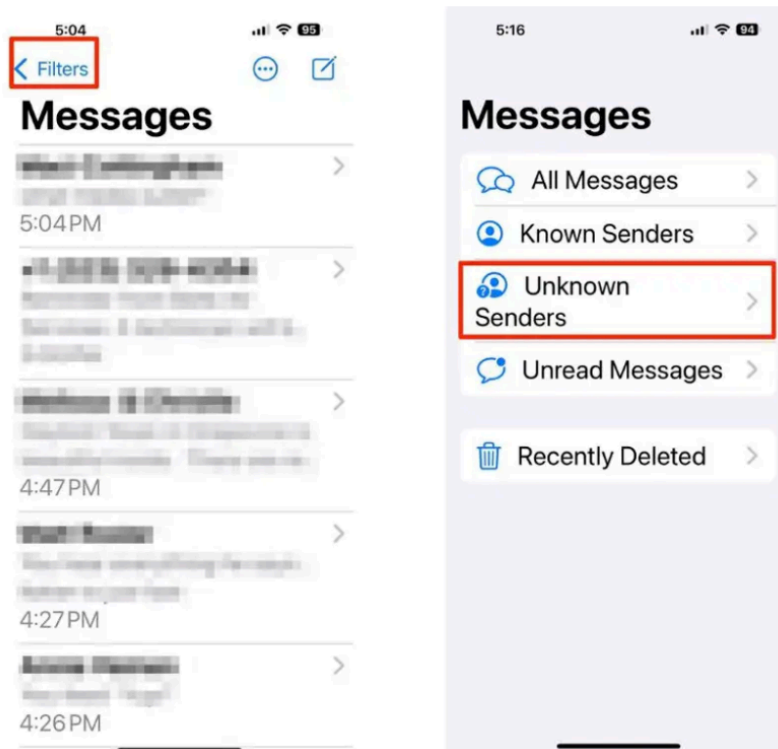
But what if you could keep your Messages app free of spam or unwanted messages? Here's a nifty trick:

- Head over to your iPhone's **Settings** and give it a tap.
- Tap **Apps**
- Then click **Messages**
- Scroll down to Message Filtering and toggle on **Filter Unknown Senders**



Steps to filter out spam messages on iPhone (Kurt "CyberGuy" Knutsson)

This feature automatically sorts messages from people who aren't in your contacts into a separate list, making it easier to manage potential spam or unwanted messages. In the Messages App, tap **Filters** in the upper right corner, and you will see **Unknown Senders**.



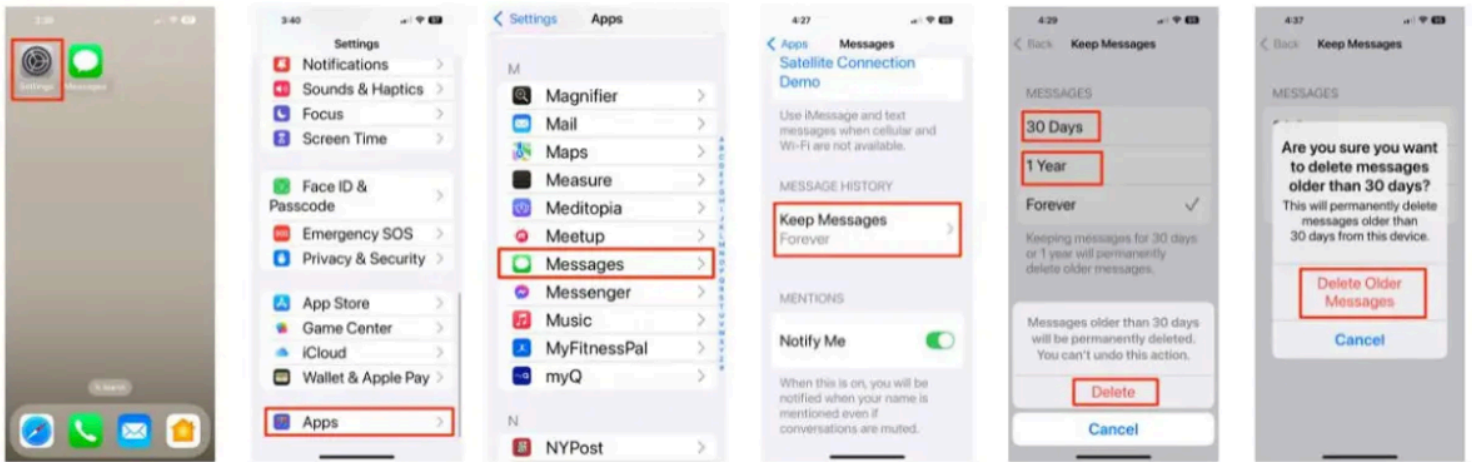
Steps to view unknown senders (Kurt "CyberGuy" Knutsson)

How to set up automatic deletion of older messages

Now, for those who prefer to keep their message history down to a minimum, you can also set up automatic deletion of older messages. This feature is helpful if you're running low on device storage and sharing a lot of long videos, which can really fill up your storage fast. Plus, some of you might want to do this not just to save space but also to keep your conversations private.

Here's how to set it up:

- Head over to your iPhone's **Settings** and give it a tap.
- Tap **Apps**
- Scroll down and click **Messages**
- Scroll down to Message History and tap on **Keep Messages**.
- You can choose to automatically delete messages after **30 days** or **1 year**.
- Just click on either **30 days** or **1 year** and tap **Delete**.
- Then, confirm your decision by tapping **Delete Older Messages**.



Steps to set up automatic deletion of older messages (Kurt "CyberGuy" Knutsson)

However, be cautious with this last option, as it will permanently delete older messages. If you often need to reference old messages, you may want to keep this setting on Forever to avoid losing important information.

Kurt's key takeaways

Cleaning up your iPhone's Messages app doesn't have to be a chore. With these simple tips, you'll not only declutter your inbox but also enjoy a more organized messaging experience. So go ahead, give these methods a try and reclaim your space.

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Kurt "CyberGuy" Knutsson is an award-winning tech journalist who has a deep love of technology, gear and gadgets that make life better with his contributions for Fox News & FOX Business beginning mornings on "FOX & Friends." Got a tech question? Get Kurt's free CyberGuy Newsletter, share your voice, a story idea or comment at CyberGuy.com.