

- Keep your phone hidden and separate from your other valuable things. An ideal place to keep it is in your inside jacket or coat pocket.
- Never leave your phone where you can't reach it quickly and don't lend it out to strangers or people you don't know very well.
- It's more difficult for someone to grab your phone from you if you hold it firmly when you're making calls.
- Stay alert. Don't become so caught up in talking or texting or playing a game that you aren't aware of what's going on around you.
- Try to keep to well-lit areas when you are out and about. Before using your mobile phone, look around you to make sure it's safe.
- Switch the ring tone off and use a vibrate alert instead. You can also let calls go straight through to your voicemail and ring or text back at a time when you feel safer.
- Your personal safety is much more important than your mobile phone. Remember that you can always get another phone if you need to.

Know what you are paying for

A lot of parents get worried about the amount of money their children spend on mobile phones. This is an understandable concern. It's important to keep an eye on your children's mobile phone spending and, where possible, try to teach them to be sensible.

If you're getting a premium rate subscription service, remember that you may have to pay more money to keep using it. You can text the word 'STOP' back to the company providing the service to stop it.



See page 27.

Talking points

Some things you might like to discuss with your children to help them keep their phone bills down:

- Always make sure you know how much something costs. Read the small print or the terms and conditions of anything you buy. If it all sounds too good to be true, that's probably because it is!
- Premium rate voice calls can be blocked on request.
- Check that you have enough credit when you buy something with your phone. If you don't, it will come out of your next top-up.
- Some services and products are not compatible with some phones - there's no point in paying for something that won't work on your phone.
- Phone companies know what numbers you have dialled and what texts you've sent. If you have agreed to using a service, you will be responsible for paying the bill.