

**A third of 5 to 16 year olds are believed to have a mobile phone, so it's essential that parents/carers are aware of how they can be used safely.**



Research conducted by YouGov for the Carphone Warehouse found that nearly half of parents said they are unaware that parental controls for mobile phones exist. With more than two in five of 8 to 15 year olds in the UK having accessed inappropriate content from their mobile phones. Professor Tanya Byron has been advising the Government on child internet safety since 2007 and worked with the Carphone Warehouse to produce a guide for parents on mobile web safety.

### **Mobile phone safety advice for children and young people:**

- Only give your mobile number to your friends and people that you trust.
- Don't share it on social networking websites.
- Don't lend your phone to someone you don't know or trust, or put it in a place where other people could get hold of it.
- Lock your phone with a PIN code so if anyone steals your phone they won't be able to use it.
- If you have Bluetooth on your phone, keep this switched off when you are not using it.
- If your mobile phone uses GPS technology then make sure you only share your location with trusted friends and family
- Always check your privacy settings on applications you use on your mobile phone as sometimes these will be different to when you use websites online
- Always remember that once you've sent a text, picture or video (even to someone you know or trust) they can send it to other people without you knowing, so always think before you post
- If something happens on your mobile phone that makes you feel worried or uncomfortable then always speak to an adult you trust straight away.

Kent website