
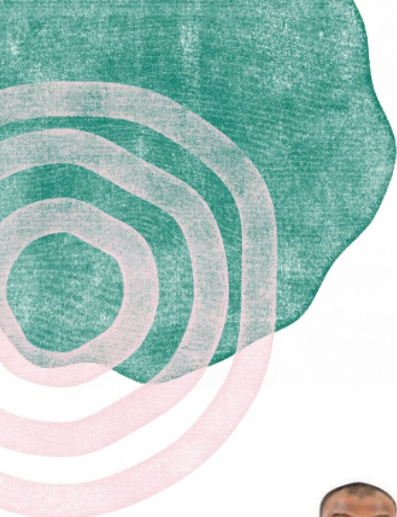


mobile phone safety



This information gives some top tips for using
your mobile phone safely.





Top tips.

Keep your phone with you and remember to take your mobile out with you.



If you're worried about someone taking your mobile phone, keep it hidden from sight. Never lend your phone to anyone else.



Keep your phone charged and your credit topped up.



Only give your mobile number to your family, friends and people that you trust.

If someone is pressuring you into giving them your number, tell someone such as a support worker.





Most phones allow you to lock your phone with a PIN code. If anyone takes your phone they won't be able to use it. Do not tell strangers your pin code.



Don't answer any calls that are from a withheld number, or from a number you don't know.



Keep safe on your mobile.

Don't reply to any nasty messages or photos you receive.



Keep the messages or pictures that you have been sent so you can show someone.



If you are being bullied over the phone then change your mobile number and only give your new number out to family, support workers and close friends.



If the problem is serious, tell the police by calling 101.



I.C.E in case of emergency.

In Case of Emergency (ICE) is a way of letting people such as police officers and hospital staff contact your family members or support workers.

You can enter important people in your phone contacts using the letters ICE before their name.

ICE - Mum.

ICE - Support Workers.



This information has been co-produced for people supported in Camphill Village Trust communities by the GOT IT Learn to lead team.



For further information about Camphill Village Trust visit:

www.camphillvillagetrust.org.uk



Camphill Village Trust,
The Kingfisher Offices,
9 Saville Street,
Malton,
YO17 7LL.