



mobilewise.org  
don't let it go to your head

# The **SAFE** Mobile Code

- 1** When you can, use a corded landline, especially for long chats.
- 2** Text whenever a text will do.
- 3** Use a headset or the built-in speakerphone on your mobile if you can.
- 4** Try not to carry your mobile in your trouser pocket when it's on. Use your coat or jacket pocket instead, or better still a bag.
- 5** Don't sleep with a mobile phone next to you. Better still, turn off at night.

More information at: [www.mobilewise.org](http://www.mobilewise.org)