

# Mobile Phone Safety



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



# Top Tips



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

## Keeping 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 Emergencies



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.

Some examples could be  
ICE – Mum  
ICE – Support Worker



This information has been co-produced for people supported in CVT communities by the GOT IT learn to lead team.



For further information about CVT  
[www.cvt.org.uk](http://www.cvt.org.uk)



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