

WHAT ABOUT DRIVING WHILE CHATTING ON MY CELL PHONE????

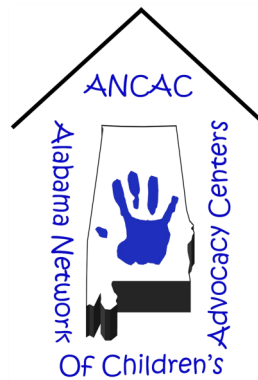
Concentration is one of the most important elements of driving. Operating a car is a serious responsibility. Talking on a cell phone causes nearly *25% of car accidents!

If you choose to use a cell phone while driving, use the following safety tips:

- Place calls when stopped, have a passenger call, or pull off the road
- Use speaker phone or hands-free device
- Avoid intense, emotional, or complicated conversations
- Avoid talking on the phone in congested traffic or bad weather
- AVOID TEXTING while driving

Source: State of Alabama Drivers Manual

*National Highway Traffic Safety Administration



Alabama Network of
Children's Advocacy Centers
P.O. Box 2167
Montgomery, AL 36102
334-834-3638
www.alabamacacs.org

National Children's
Advocacy Center
210 Pratt Avenue
Huntsville, AL 35801
256-533-5437
www.nationalcac.org



**Alabama Network of Children's Advocacy Centers
&
National Children's Advocacy Center**

TECHNOLOGY: It can help, but it can also hurt.

Cell phones. How did we ever get along without them? We can be in touch with family and friends in just a few seconds and then update our Facebook a minute later.

Cell phone technology is changing at an ever increasing rate. We can talk, play music, take pictures, record video, check our social networking page, and send text messages.

The fun and benefits of cell phones are many. So are the dangers.



What should I be thinking about when I use my cell phone?



Mobile Safety: Just as in chat rooms and social sites, think about who you text and talk with: only talk with people you know in real life. Never talk about sex with strangers OR with people you know via texts or in chat rooms!

Bullying: Don't respond to mean or threatening texts or phone messages. If you feel scared by something, talk with a trusted adult. DO NOT BULLY OTHERS!

Mobile Social Networking and Mapping: Be just as cautious when updating your social networking page via cell phone as when you are sitting at your laptop. Only use services that allow you to pinpoint your exact location with people you know in real life!

Pictures and Videos: Never let other people photograph or film you in embarrassing or inappropriate situations (and don't photograph or take videos of others in the same situations). We all deserve to have some privacy and protect our reputations!

Things to think about before you press "send"

Think about the consequences of taking, sending, or forwarding a sexual picture of someone underage (age 17 and below) even if it's you. You could get kicked off of sports teams, face humiliation, and lose education opportunities. You could face child pornography charges, go to jail, and have to register as a sex offender.

Never take images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employers—to see.

Before hitting send, remember that you can't control where this image may travel. What you send to a boyfriend or a girlfriend could easily end up with their friends, and their friends, and their friends...

If you forward a sexual picture of someone underage, you are responsible for this image as the original sender. Again, you could face child pornography charges, go to jail, and have to register as a sex offender.

Report any nude pictures you receive on your cell phone to an adult you trust. Do not delete the message. Instead, get your parents or guardians, teachers or school counselors involved immediately.

