

*to promote an abuse-free society*



### Tips for Parents

- Talk to your kids about cell phone dangers
- Messages or pictures they send are not truly private
- Know who your kids are communicating with
- Learn who your kids are spending time with online and on the cell phone
- Check messages and photos sent and received on your child's phone. After all, you own the phone.
- Contact your cell phone provider about blocks or monitors
- Be aware of the number of texts and photos your child sends each month

### Things to think about before you press "send"

**Think about the consequences** of taking, sending, or forwarding a sexual picture of someone underage, even if it's of you. You could get kicked off of sports teams, face humiliation, lose education opportunities, and even get in trouble with the law.

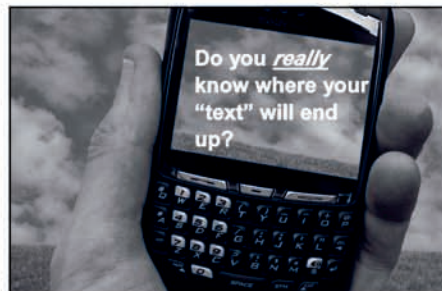
**Never take** images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employers—to see.

**Before hitting send**, remember that you can't control where this image may travel. What you send to a boyfriend or 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 as responsible for this image as the original sender. *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, and school counselors involved immediately.

Source:  
NetSmartz.org



### Children and Cell Phones



*An awareness pamphlet for families*

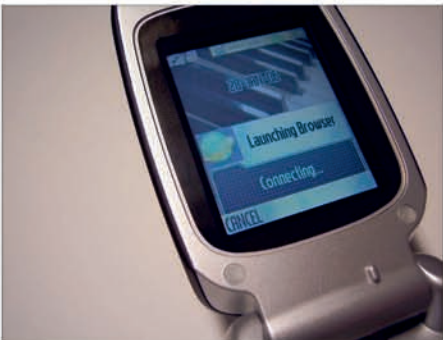
*The Alabama Network of Children's Advocacy Centers*  
[www.alabamacacs.org](http://www.alabamacacs.org)

## Technology: It can help, but it can also hurt.

Cell phones. How did we ever get along without them? They bring peace of mind when traveling should there be car trouble. Business can be conducted anywhere at anytime. Children can call their parents to pick them up when practice is over. Twenty years ago, busy executives were the only ones who had cell phones. Today they are as common as a purse or wallet and coveted by children.

Cell phone technology is growing faster than kudzu. We can talk, play music, take photographs, record video, check e-mail, get directions, make reservations, and send text messages.

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



### Distracted While Driving

Concentration is one of the most important elements of safe driving. Operating a motor vehicle is a serious responsibility. Lack of concentration can dull a person's powers of observation and cause an accident that could have been avoided.

If you or your child choose to use a cell phone while driving, take the following precautions:

- Assess traffic conditions before calling
- 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

Adapted from the State of Alabama Drivers Manual

### Sexting

This is a new term that means “the use of a cell phone to send sexually suggestive texts or e-mails with nude or nearly nude photos.”



- 39% of all teens have sent sexually suggestive texts.
- 48% of teens say they have received such messages.
- 71% of teen girls and 67% of teen guys who have sent or posted sexually suggestive content say they have sent/posted this content to a boyfriend/girlfriend.
- 21% of teen girls and 39% of teen boys say they have sent such content to someone they wanted to date or hook up with.
- 38% of teens say they have had sexually suggestive text messages, originally meant for someone else, shared with them.
- 25% of teen girls and 33% of teen boys say they have had semi-nude or nude images, originally meant for someone else, shared with them.

Source: The National Campaign to Prevent Teen and Unplanned Pregnancy.