

It costs money to enter competitions, order products like ringtones, wallpapers and alerts, or text a key word to vote on a TV show. Many of these services are charged at a premium rate. Make sure you know exactly what you're getting and how much you're going to have to pay for it.

Are mobile phones bad for children's health?

The scientific consensus is that mobile phones are not a threat to the health of children or adults. The Department of Health does, however, recommend limiting the use of mobile phones by children as a precautionary measure. The reason for this is that if there are any currently unrecognised health effects, children may be more vulnerable because their nervous systems are still developing and they have a longer lifetime usage.

The Department of Health advises that children and young people under 16 should:

- Use mobile phones for essential purposes only
- Keep all calls short

At O2 we are committed to creating an environment in which children can use information and communication technologies safely. That is why, in each of our markets, we will provide parents and children with the necessary tools and guidance to use our products and services safely.