

We're working with you to protect your children

Mobile phones play a big part in many young people's lives. They have loads of different uses – from chatting and swapping messaging with friends, to surfing the web and taking pictures – so it's easy to see why young people love them. Mobiles are also great for parents, because they enable you to stay in close contact with your children when they are out and about.

This guide has lots of useful facts and practical advice about today's mobile phones. O2 recognises the importance of media literacy and is committed to helping our customers get the most from new mobile media content and communications technologies. This includes offering advice about the ways that children can become better protected from risks in an online environment.

What your child's mobile can do – an overview

The technology in today's mobile phones is making life easier and safer. But some people may try to exploit this and use it in a harmful way, so it's important that parents know what a mobile can do and understand the potential risks involved. By being informed, you will be able to help your child use their phone sensibly, while still enjoying all its benefits.

The first and most important thing to do is make sure that you talk to your child about the best ways to avoid problems.

 See page 27.

We recommend that you agree some safety tips with your children before they get started. That way, you will feel more relaxed when they are using their phone.