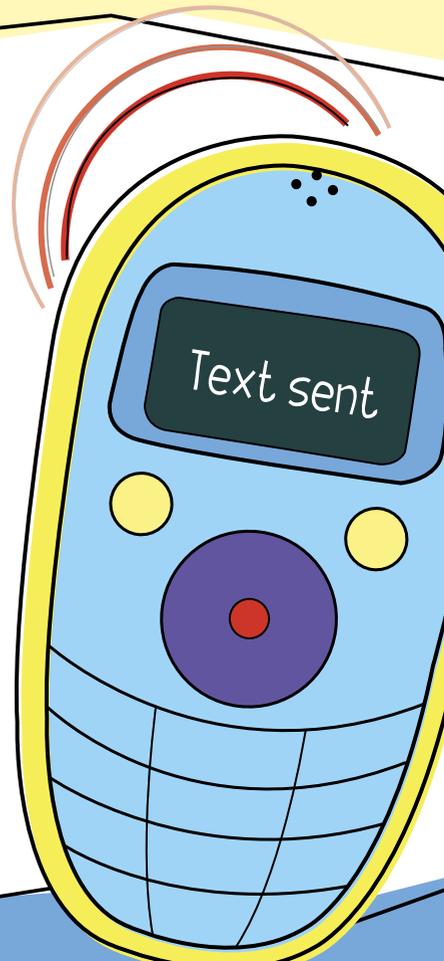


Mobile Phones

and Your Health

Guidance for
Primary School Pupils
(7 to 11 year olds)



What you need to know!

Mobile phones are great for keeping in touch with friends and family, and millions of people all over the world use them everyday. At the moment it seems that using a mobile phone won't cause health problems.

Even so, we don't know for definite that problems will not be found in the future, so we suggest that you follow some easy steps now to keep yourself safe.



Should I use a mobile phone?

Mobile phones don't seem to cause health problems. But it's a good idea to keep calls short just in case we find health problems in the future.

What are the facts?

How do mobile phones work?

When we use a mobile phone it sends out radio signals. A radio or television uses the same kind of signals.

Mobile phones get warm when we use them. Does this cause us harm?

Body heating is normal and happens with exercise or when we have a hot bath. The heat from mobile phones is less than this.

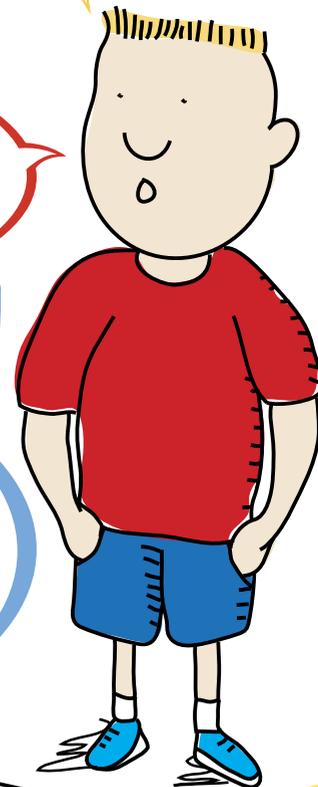
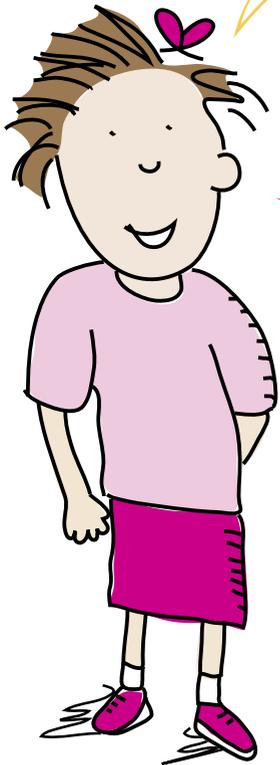
Do radio signals* make us ill?

Most of the results from work that scientists have done so far do not suggest that radio signals make us ill.

Are children more sensitive to mobile phone signals?

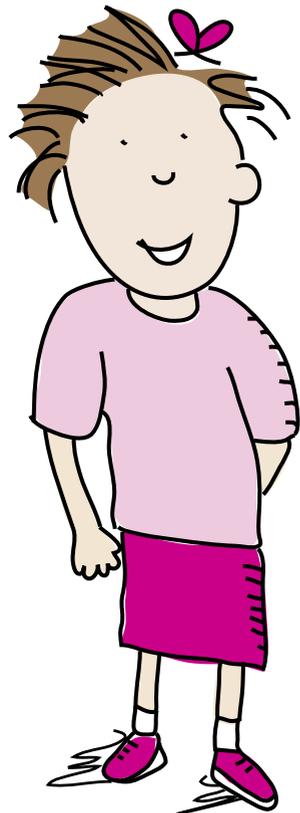
We don't know. We may be more at risk because we are still growing but tests done so far do not show that there is more risk for us at the moment. More work needs to be done.

* Radio signals: Radio signals are used to send and receive messages. Radio signals bring music to our radios, pictures to our TVs and voices and text messages to our mobile phones.



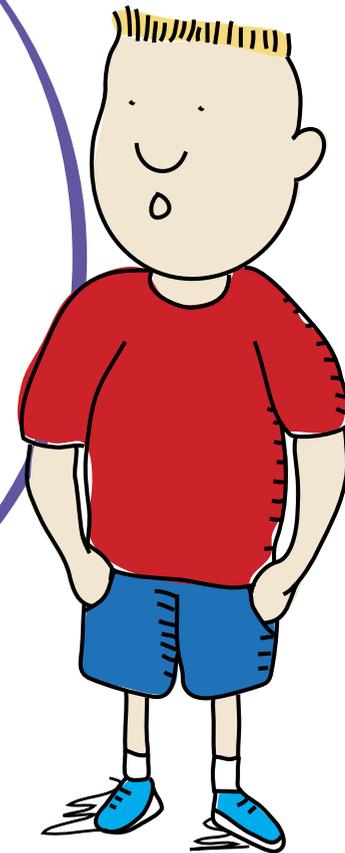
How you can use a mobile phone safely.

How should young people use mobile phones?



The longer you talk on the phone, the more time you spend with the phone's radio signals. Some top tips are:

- Send text messages instead of making calls.
- Keep your mobile phone calls short.
- Use a Hands-free kit.
- Use the speaker phone feature.
- Don't show off your mobile phone when out as this might attract bullies or thieves.
- Only give your phone number to close friends and family.
- Always tell someone if you feel scared or upset about a phone call or text message you get on your mobile phone.



More information

- World Health Organization website www.who.int
- Health Protection Agency website www.hpa.org.uk
- Mobile Telecommunications and Health Research Programme website www.mthr.org.uk

UK CMO Advice

UK Chief Medical Officers strongly advise that where children and young people do use mobile phones, they should be encouraged to :

- Use mobile phones for essential purpose only
- Keep all calls short. Talking for long periods prolongs exposure and should be discouraged

The UK CMOs continue to recommend a precautionary approach and advise that if parents want to avoid their children being subject to any possible risk that might be identified in the future, the way to do so is to exercise their choice not to let their children use mobile phones.

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