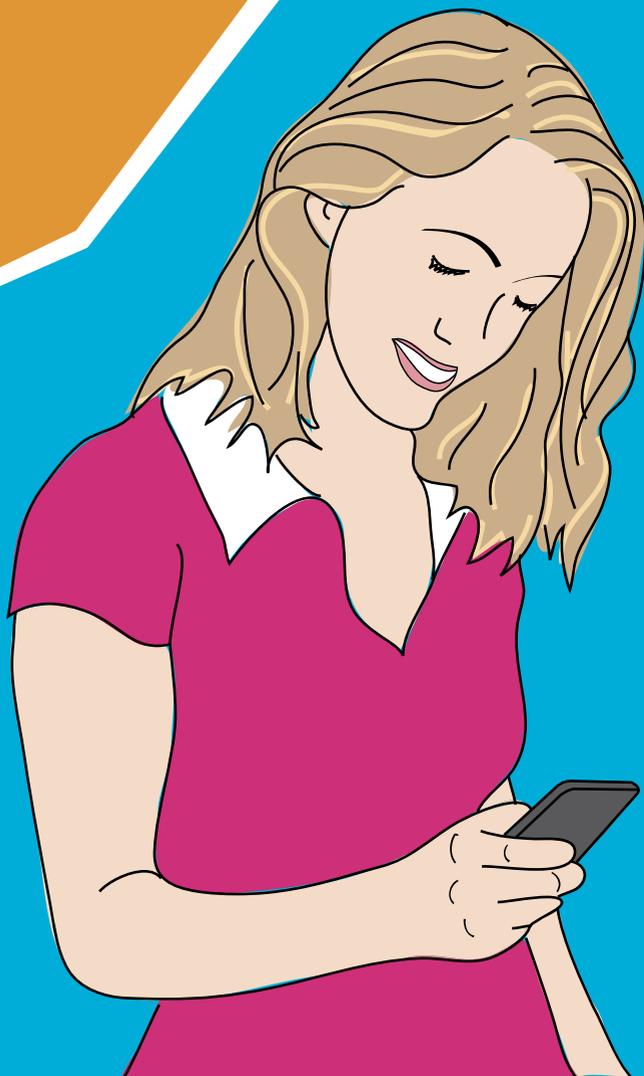


# ur mobile phone and ur health!



Guidance for  
Secondary School Pupils

1

Mobile phones are a big part of our lives. They help us keep in touch with each other and give us personal security - millions of people use them every day! Parents and young people should make their own choices about using mobile phones. The evidence available to date shows that using mobile phones does not appear to cause health problems.

2

When you use a mobile phone to make calls it sends out radio signals close to your head. These signals are like those used to bring music to your radio and pictures to your TV. The longer you talk, the more time you are exposed to radio signals.

3

Mobile phones get warm when you use them but most experts think this mild heating not to be a health problem. Body heating is normal and happens when you exercise or take a hot bath.



4

Current research does not suggest that young people are especially sensitive to mobile phone signals. More research is needed, however, and the Welsh Assembly Government therefore recommends young people keep down their exposure to radio signals just in case a health concern is found in the future.

5

### Top Tips to Help Look After Yourself

- Keep calls short
- Send text messages when you can instead of calling
- Hold your phone as far as possible from your head - even better, use speaker phone or a hands-free kit

6

### Other Things to Think About

- Don't show off your phone as it might attract thieves or bullying
- Always tell someone if you feel scared, upset or worried about calls or text messages you get on your phone
- Only give out your number to close friends and family; people you trust and know well

## 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 advice 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.

## Further information:

- World Health Organization website [www.who.int](http://www.who.int)
- Health Protection Agency website [www.hpa.org.uk](http://www.hpa.org.uk)
- Mobile Telecommunications and Health Research Programme website [www.mthr.org.uk](http://www.mthr.org.uk)

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