

Keep smart on your mobile

Keep it safe Don't give out your mobile phone number to people you don't know, especially on Instant Messenger or in chatrooms.

Keep your security code or pin number Private.

Find out the serial number of your phone by typing *#06# and keep this 15 digit number safe. If your phone gets lost or stolen you can ring (0870) 112 3123 to get it blocked. This will stop people from using your stolen or lost handset.

Keep your mobile phone hidden when you're on the street that way it is less likely to get stolen.

Keep in control If you start getting texts that upset or annoy you don't reply.

Keep a record and report the text to an adult or your network operator. In serious cases an adult can help you report it to the police.

You are in control of what you receive by Bluetooth and also what you forward on by text or by Bluetooth. Think before accepting messages or files from other phones and be aware that forwarding messages to other people may have serious consequences could be hurtful to others, or even illegal.

Keep it legal If you receive a rude or embarrassing image or text about someone don't pass it on.

Distributing sexual pictures of other young people by mobile phone is illegal.

If you receive something like this, do not forward it and tell an adult immediately.

Keep your mates safe Think before you send a picture or video from your phone and always ask your friend's permission before taking a picture of them.

Once you have sent a picture from your phone you have lost control of it and it could easily be copied, changed, or used elsewhere online.

Respect the privacy of your friends; don't give out their numbers without their permission.

Create your own widget to express your online digital citizenship values and wishes for yourself, your friends and your world at: www.digizen.org

Keep a record If you are uncomfortable about any images or messages you get sent on your phone, and keep the record of them. They may be used as evidence. Contact your mobile phone operator if you are receiving nuisance calls to see what they can do to help.

02: (0870) 521 0000 or NCB@O2.com

Vodafone: call customer services on 1914 Vodafone phone any other phone call (0870) 070 0191 for pay monthly customers or on (0870) 077 6655 for pay as you go customers.

3: call 333, 3 phone or (0870) 733 0333

Orange: call for 50 on Orange phone or (07973) 100450 pay as you go customers; call it 150 from an Orange phone or (07973) 100150 for pay monthly customers.

T Mobile: call customer services on 150 from your T mobile phone or on (0845) 412 5000 from a landline, or email using their how to contact us section of the T Mobile website at www.t-mobile.co.uk