



Teens & Responsible Cell Phone Use

Responsible Cell Phone Use –

Your cell phone is a part of your life. Don't let anyone make you feel bad or embarrass, threaten, or abuse you through your cell phone! Don't give your phone number to anyone you don't know. Don't answer any calls or reply to any texts unless you know the caller or sender. And hey, no prank calling!

Constant Texting – Ever feel like texting goes from cool to annoying? If you are constantly interrupted when you are doing homework, spending time with family or friends, or even sleeping, don't be afraid to turn your phone off. And if you're busy or with other friends, it's not rude to wait to send a reply. At night, consider leaving the phone in the kitchen for charging until the next morning.

Textual Harassment – Don't send or forward embarrassing, threatening, or abusive voice messages or texts to anyone. Spreading rumors, being mean, or bullying someone with a cell phone is wrong. And, secretly taking photos or videos of a person invades that person's privacy. If you receive an embarrassing, threatening, or abusive text or photograph, don't send a response. If you respond to the sender's messages, you may encourage the sender. Keep in mind that the sender may have even broken the law, so don't hesitate to tell a trusted adult.

Sexting – Sending, possessing, or forwarding sexually explicit photographs is against the law. If you receive any photographs that make you uncomfortable, tell a trusted adult.

Cell phones can be part of an unhealthy relationship. Some things to watch out for:

- Constant texting or calls asking “where r u?,” “who r u with?,” or “what r u doing?”
- Feeling like you have to answer text messages or calls right away
- Feeling like the texts you receive have gone from caring to controlling
- Being anxious or afraid to be without your phone
- Feeling pressured to constantly be on or around your phone, even while with friends, or while sleeping
- Being pressured to send inappropriate texts or pics

If you think you might be in an unhealthy or abusive relationship talk to your parents, your school counselor, or an adult you trust.

If you need to talk to someone now, someone who’s trained to help, call the National Teen Dating Abuse Helpline. No names. No judging. 24 hours a day, 365 days a year.

**1-866-331-9474 or
1-866-331-8453 (TTY)**

For information on Start Strong Idaho, a program to promote healthy relationship skills for 11-to-14 year-olds go to www.startstrongidaho.com

For information on the Idaho Teen Dating Violence Awareness & Prevention Project, for 13-to-18 year-olds go to www.nomeansknow.com

To learn more about drawing your digital line check out www.thatnotcool.com

Start Strong Idaho

No Means Know

For more information contact the Idaho Coalition Against Sexual & Domestic Violence at 1-208-384-0419 or 1-888-293-6118.

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