Safe kids Healthy kids Happy kids

# Cell Phone 101 for Parents

Cell phone use by teens is on the rise. Fifty-six percent of 13 – 17 year old teens have cell phones. Parents buy cell phones for their teens so they can keep in touch. They can call their teen to find out where they are and what they are doing.

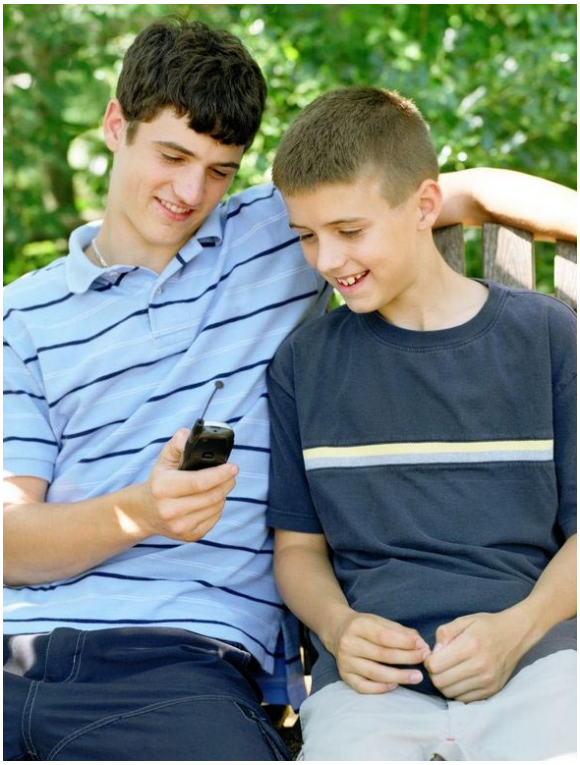
Cell phones provide security and entertainment. Teens can call for help if they are in trouble or have an emergency. Some teens can also use their phones like mini-computers. They can:

- browse the Web,
- view videos,
- download and play video games,
- take pictures,
- text message, and
- talk to anyone they want, whenever they want.

Cell phones allow teens to do all this without their parents consent or knowledge.

Cell phone companies say they are very strict about the games they offer to cell phone users. They want the games to be wholesome and good. But they cannot control games that other companies create. Kids are in total control over the websites they visit and games they download. Like computers, cell phones have good and bad points.

Parents do not have control over how their teens are using their cell phones. They can, however, let their teens know that they are aware of what they can do on the phone.



*Brought to you by Parent Help Line and St. John's Children's Hospital*

Parent Help Line

**Call the Parent Help Line. Help is just a phone call away.**
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Children's St. John's Hospital
In partnership with the SIU School of Medicine