

# Teenagers & Cellphones

Half of all teenagers today have cell phones, and 1 in 5 admit to doing things with cell phones that their parents wouldn't approve of.

## Sexting

The word "sexting" combines the words "sex" and "texting" to describe text messages exchanged of a sexually explicit nature. Often times sexting may lead to the exchange of sexually explicit images.



**Think before you send - Remember these things....**

- Nothing is private once it's sent to another phone or the Internet. After it's sent, you have no control.
- Once you post or send something, it may never go away. Schools, teachers, parents, future employers, college recruiters and others may find them later.
- You can say "No." Don't let others pressure you into doing something you don't want to do.
- You are not anonymous. Whether you're sending messages or posting online, someone can always find your personal information.
- It's illegal. Sending, forwarding, and accepting nude or sexually suggestive photos of a minor (under 18 years of age) can be considered child pornography.



## Contact Us

For more information on this and other department services, contact:

Pima County Sheriff's Department  
Community Resources Unit  
(520) 351-4615

or



Also visit our website for...

- Online crime reporting
- Local crime mapping
- Crime prevention tips
- and more....

Together we can make a difference.



Pima County Board of Supervisors: Ramon Valadez, Chair District 2; Ann Day, District 1; Sharon Bronson, District 3; Raymond J. Carroll, District 4; Richard Elias, District 5

Pima County Administrator: C.H. Huckelberry

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Pima County  
Sheriff's Department

*Keeping the Peace and Serving the  
Community Since 1865*

# CELL PHONE SAFETY

## HAZARDS AND CONCERNS OF CELL PHONE USE



**Clarence W. Dupnik, Sheriff**

1750 E. Benson Highway  
Tucson, Arizona 85714

[www.pimasheriff.org](http://www.pimasheriff.org)



# Cell Phones & Driving

How many times have you seen another driver start to drift into another lane of traffic? When you look over at them what do you see? Someone talking on a cell phone. They are more interested in their conversation than in obeying the rules of the road.



When it comes to driving, cell phones can either be a very dangerous distraction or very helpful in emergencies. The most important rule to remember is to never use a cell phone while driving. It is dangerous and puts not only yourself but everyone else on the road at risk. You need to focus on the road and not a cell phone conversation.

**Set Limits**

Cell phones can be a parent's best friend when plans change, practice ends early or you're running late, but it will only keep your child safe if you set the right rules and talk about risks.



# Helpful Tips

## When Driving

- Use your phone only if it's absolutely necessary and pull off the road before calling. Be sure not to stop in a dangerous area and lock your doors to avoid becoming a crime victim.
- If there's a passenger in the car, ask them to place the call and do the talking for you.
- If your phone rings while you're driving, let the caller leave a voicemail.
- Never read, e-mail or text while driving. Taking your eyes off the road for even a second or two can result in a collision.
- Use a hands-free device.
- Avoid emotional or complex conversations while driving (quitting your job, breaking up with your boyfriend or girlfriend, etc.) as you will be focused primarily on the call rather than your driving.
- Don't combine a phone conversation with other distractions, such as eating or applying make-up.
- Secure your phone so it's easy to reach in the event of an accident. Program 9-1-1 into your phone's memory should you need to report an emergency.
- If your phone is connected to your car's power source, disconnect your phone before using jumper cables. The power surge could damage your phone.



# Teen Drivers

- Driver education is very important where teens are concerned.
- 62% of high school-age drivers use their cell phones while driving and of those, 24% believe the practice is perfectly safe.
- Young adult drivers have already formed beliefs on safe and unsafe driving behaviors due to the example set by most parents. Set a good example by not using your cell phone while driving and always wear a seatbelt.
- Discuss driving safety tips with your teen drivers. Mention that activities such as adjusting the radio, reading, eating, looking for something in the car or cell phone use can cause just enough distraction to cause an accident.
- **Talking on the cell phone causes nearly 25% of car accidents.**



**DON'T BE A DISTRACTED DRIVER**

**For More Information**

Go online!

**[www.pimasheriff.org](http://www.pimasheriff.org)**