Cell phones make communication easy and convenient. The popularity of cell phones has created the need for a new type of manners—cell phone manners. Most of the same manners that apply to regular phones also apply to cell phones, but there are a few extra guidelines:

1. Choose a ring tone that is pleasant and not annoying.
2. Turn down speaker volume so that others are not disturbed.
3. Lower your tone of voice so that your conversation remains private.
4. In public, keep your conversation short.
5. Don’t have an argument or emotional conversation in public.
6. Turn cell phones off in libraries, movie theaters, churches, doctors’ offices, rest rooms, and school buildings.
7. When answering a call, move at least 10 feet away from other people so you do not disturb their conversations or activities.
8. Remember, using a cell phone is not a good idea if you are driving or operating machinery that requires your full attention.

**Cell Phone Bullies**

Unfortunately, cell phone bullying has quadrupled over the last five years. Bullying is NOT acceptable behavior, and you can be held accountable for it. If you have ever been bullied, or have a friend that has, there are some things you can do to stop it:

1. Let your parents know what is happening. They can contact the bully’s parents, teachers, and even take legal action, if necessary.
2. Don’t be embarrassed or blame yourself—the bully is the one with the problem!
3. Block the bully’s number from your phone.
4. Act confident—hold your head up, make eye contact, and don’t let the bully know you are upset.
5. Never join in if you see someone else being bullied.
Safe Driving– It’s Your Call!

Some states have outlawed the use of cell phones while driving because studies have shown that cell phone use caused more accidents. You should avoid using a cell phone when driving, but if you must use your cell phone, here are some tips to help you be a safe driver:

- Get to know your cell phone’s features—especially voice commands, speed dial, and re-dial. Never try to dial your phone while driving.
- Use a hands-free device so you can keep your hands on the wheel.
- Let your voice mail answer your phone, especially if you are driving in heavy traffic or hazardous weather.
- When you do use your phone while driving, pull over on the side of the road or at least keep the conversation short.
- Use your cell phone to call for help. Dial 911 if you see an emergency situation such as an accident, fire, or road hazard.

Cell Phone Chat Room

- Has someone else’s cell phone ever interrupted you while eating out at a restaurant or watching a movie? How did it make you feel?
- Why do you think cell phone manners are important? How do you think cell phone manners will help you in the future?
- How do you think having cell phone manners helps your communication skills?