



# Mobile Phones & Your Health

## How to enter

**Design a  
Poster / Leaflet  
Win a Prize**



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

### The Issues

- \* When you use a mobile phone, it emits radio waves close to your head. You are exposed to more waves if you talk for longer.
- \* You can't see or feel radio waves but some research shows that using a mobile phone affects brain activity.
- \* We do not know if mobile phones cause health problems, so we need to be sure that we use our phones safely just in case.
- \* If there are any risks, then young people could be more vulnerable than adults. This is because their head and nervous system are still developing.
- \* There are safer ways of using a mobile phone (see messages).
- \* You can help raise awareness and encourage safer use of mobiles.

### The Competition

- \* Do you have a flair for design that will help to raise awareness of these issues?
- \* Design an eye catching poster or leaflet and win TOP PRIZES.
- \* Categories are:  
  
Years 7, 8 & 9 – design a poster  
Years 10 & 11 – design a leaflet and/or poster.

### Prizes are

- \* Either a mountain bike & helmet or £100 of High Street vouchers for the winner of each category.
- \* High Street vouchers for two runners up in each category.
- \* Winning posters/leaflets distributed for display in schools throughout Wales.

### The Messages

Use a striking mix of words, colour and design to highlight some of the following points:

- \* Mobile phones should be used for essential calls only.
- \* Calls should be kept short.
- \* Hold a mobile as far from the ear as possible.
- \* Texting may be safer than calling.

**You can find out more  
by talking to your teacher.**

### The specification – how to enter

- \* Competition entries must be on A4 (210mmx 297mm) paper.
- \* Your name, age, school year and school must be marked CLEARLY on the back.
- \* All work should be original (especially if computer generated).
- \* Do not use trade names or logos.
- \* Send your entry NO LATER than 30th January 2003:  
  
Mobile Phone Competition,  
Good Relations,  
Windsor House,  
Windsor Lane,  
CARDIFF CF10 3DE
- \* Prize winners will be notified during March 2003.