When you can, use a corded landline, especially for long chats. 
Text whenever a text will do.
Use a headset or the built-in speakerphone on your mobile if you can.
Try not to carry your mobile in your trouser pocket when it’s on. Use your coat or jacket pocket instead, or better still a bag.
Don’t sleep with a mobile phone next to you. Better still, turn off at night.

The SAFE Mobile Code

More information at: www.mobilewise.org