

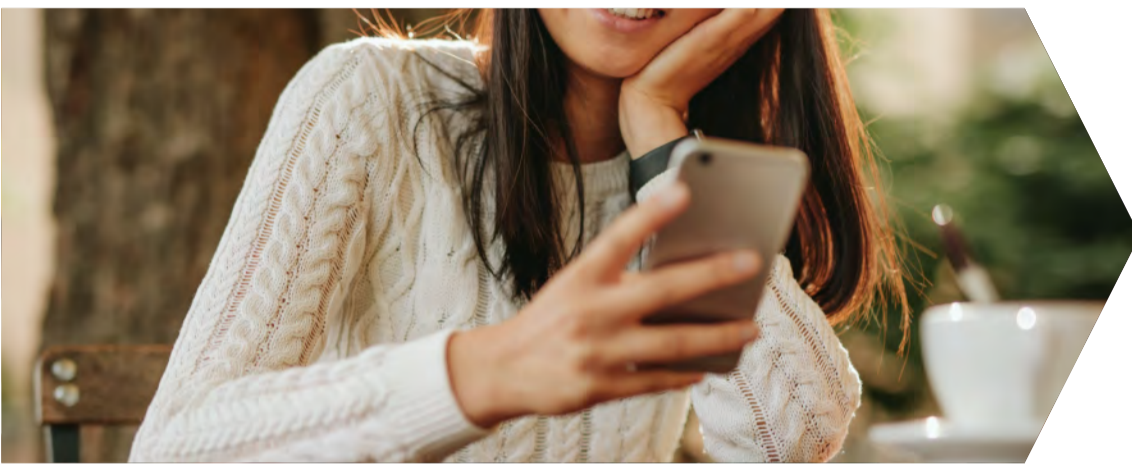
# The Do's and Don'ts of Cellphone Etiquette



## Do...

Consider how and when to use your phone at work

84% of professionals think it's rude to use cellphones during business meetings<sup>1</sup>



## Do...

Use silent mode

Be respectful of your surroundings and silence your ringer when shopping, dining or in a public place



## Do...

Respect phone free zones

64% of people say places of worship should be phone free zones, followed by movie theaters (58%) and on a date (57%)<sup>2</sup>

## Don't...

Use your phone while interacting with people IRL (in real life)

Be present in the moment or you may miss important information or a great experience



## Don't...

Use your cellphone at the dinner table

Establish device-free mealtimes and enjoy conversation with family and friends instead



## Don't...

Speak loudly or shout while on the phone in public

Keep your voice down and be discreet with the content of conversations you have in public



<sup>1</sup><https://www.forbes.com/sites/kevinkruse/2013/12/26/why-successful-people-never-bring-smartphones-into-meetings/#211c74873ffb>

<sup>2</sup> Between Nov. 14-27, 2018, a total of 1,012 online interviews were conducted among a nationally representative sample of U.S. consumers between 18-38 years old by Consumer Insights, in partnership with Maritz CX.