Fonction de sécurisation.

```php
<?php
    $firstname = $name = $email = $phone = $message = "";
    if($_SERVER["REQUEST_METHOD"] == "POST"){
        $firstname = verifyInput($_POST["firstname"]);
        $email = verifyInput($_POST["email"]);
        $phone = verifyInput($_POST["phone"]);
        $message = verifyInput($_POST["message"]);
    };

    function verifyInput($var){
      $var = trim($var); /*enleve les espaces et les retours a la ligne*/
      $var = stripslashes($var); /*enleve tous les anti-slash*/
      $var = htmlspecialchars($var);
      return $var;
    }

?>
<!DOCTYPE html>

<html>

    <head>
        <title>Contactez-moi</title>
        <meta charset="utf-8">
        <meta name="viewport" content="width=device-width,initial-scale=1">

        <script src="https://ajax.googleapis.com/ajax/libs/jquery/1.12.4/jquery.min.js"></script>
        <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.1.1/js/bootstrap.min.js" ></script>
        <script src="https://code.jquery.com/jquery-3.3.1.slim.min.js"></script>
        <script src="https://cdnjs.cloudflare.com/ajax/libs/popper.js/1.14.3/umd/popper.min.js"></script>

        <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.1/css/bootstrap.min.css">
        <link href="http://font.googleapis.com/css?familly=lato" rel="stylesheet" type="text/css">
        <link rel="stylesheet" href="./css/style.css">
    </head>
```

```html
<body>
    <div class="container">
        <div class="divider"></div>
            <div class="heading">
                <h2>Contactez-moi</h2>
            </div>
        <div class="row">
            <div class="col-lg-12 ">
                <form id="contact-form" method="post" action="<?php htmlspecialchars($_SERVER["PHP_SELF"])?>" role="form">
                    <div class="row">
                        <div class="col-md-6">
                            <label for="firstname">Prénom<span class="blue"> *</span></label>
                            <input type="text" id="firstname" name="firstname" class="form-control" placeholder="Votre prénom" value="<?php echo $firstname;?>">
                            <p class="comments">Message d'erreur</p>
                        </div>
                        <div class="col-md-6">
                            <label for="name">Nom<span class="blue"> *</span></label>
                            <input type="text" id="name" name="name" class="form-control" placeholder="Votre nom" value="<?php echo $name;?>">
                            <p class="comments">Message d'erreur</p>
                        </div>
                        <div class="col-md-6">
                            <label for="email">Email<span class="blue"> *</span></label>
                            <input type="email" id="email" name="email" class="form-control" placeholder="Votre email" value="<?php echo $email;?>">
                            <p class="comments">Message d'erreur</p>
                        </div>
                        <div class="col-md-6">
                            <label for="phone">Téléphone<span </label>
                            <input type="tel"  id="phone" name="phone" class="form-control" placeholder="Votre téléphone"value="<?php echo $phone;?>">
                            <p class="comments">Message d'erreur</p>
                        </div>
                        <div class="col-md-12">
                            <label for="message">Méssage<span class="blue"> *</span></label>
                            <textarea id="message" name="message" class="form-control" placeholder="Message" rows="4"><?php echo $message;?></textarea>
                            <p class="comments">Message d'erreur</p>
                        </div>

                        <div class="col-md-12">
                            <p class="blue"><strong>* Ces informations sont requises</strong></p>
                        </div>
                        <div class="col-md-12">
                            <input type="submit" class="button1" value="Envoyer">
                        </div>
                    </div>
                    <p class="thank-you">Votre méssage a bien été envoyer. Merci de m'avoir contacte</p>
                </form>
            </div>
        </div>
    </div>
</body>

</html>
```