

What Parents Need To Know About Safe Technology

"Parents should not panic over the latest research, but it can be used as a good reminder to limit both children's screen time and exposure from cell phones and other devices emitting radiation from electromagnetic fields (EMF)."

THE AMERICAN ACADEMY OF PEDIATRICS, 2016

"Children are disproportionately affected by environmental exposures, including cell phone radiation."

THE AMERICAN ACADEMY OF PEDIATRICS, 2013

What Does the Science Say about Wireless and Children?

- ➔ **Children have thinner skulls.** Research shows that children's developing brains, eyes and bone marrow absorb this radiation three to ten times more than adults.
- ➔ **The World Health Organization's International Agency for the Research on Cancer classified wireless radio frequency radiation as a Class 2B, Possible Human Carcinogen in 2011.** Cell and cordless phones are linked to increased brain tumors. Risks are highest for those who first used a phone under the age of twenty.
- ➔ **A \$30 M animal study** found "clear evidence" of cancer, heart damage and DNA damage after long term exposure to wireless.
- ➔ **A 2018 study found memory damage in teenagers who used cell phones to the head for just one year.** Research links wireless to hyperactivity, behavior problems and damaged sperm.
- ➔ **A 2011 NIH study** found cell phone radiation altered brain activity. Several animal studies have found exposure damaged brain cells.
- ➔ **A 2011 Yale Medicine mice study found increased hyperactivity and memory problems after prenatal exposure.** Now Harvard and Yale Doctors are recommending pregnant women reduce exposure. See BabySafeProject.org

"..the Council recommends limiting exposures...WiFi can be turned off and wired local area network (LAN) can provide a reliable and secure form of networking ..without any microwave electromagnetic field exposure." - [Maryland State Children's Environmental Health and Protection Advisory Council 2017](#)

Worldwide Countries are Taking Protective Action



France, Belgium and Cyprus are some of the over 20 countries taking action to inform parents to reduce wireless exposure to their children.



Read the Fine Print

"must provide at least 10 mm separation between the device, including its antenna, and the user's body." - **Pixel 3a**

"When placing **Apple Watch** near your face, keep at least 10mm of separation..."

"Keep safe distance from pregnant women's stomach or from lower stomach of teenagers."
Samsung 3G Laptop Manual

"the user must maintain a minimum distance of 20cm from the antenna at all times."
- **Samsung Chromebook**

"Carry **iPod touch** at least 5mm away from your body..."

"This device should be operated with a minimum distance of 20cm between the radiator and your body." - **Amazon Echo**



MORE AT: EHTrust.org

“ For children the cancer risks may be greater than that for adults because of greater penetration and absorption of cell phone radiation in the brains of children and because the developing nervous system of children is more susceptible.

”
– Ron Melnick PhD, Senior Toxicologist at National Institute of Environmental Health Sciences, Retired

But wireless is everywhere, will wires really help?

Simple changes such as hardwiring computers and keeping tech on Airplane Mode will significantly reduce a child's daily exposure. **Since exposure is cumulative and children will have a lifetime to be exposed**, these changes could greatly reduce your child's risk of cancer and other diseases.

Why is it legal?

Wireless was never premarket tested for children's safety. It is not a food, drug, or chemical and a long term health risk assessment was never done by the FDA, CDC, NCI or EPA.

Is our government doing anything?

The EPA was defunded from setting proper safety standards. In 1996, the FCC set wireless radiation limits that only protect from short term heating effects of wireless and they have not been updated. They do not protect us from biological effects of long term low level exposures. The American Academy of Pediatrics is calling for large scale research and more protective radiation limits for children and pregnant women. **Parents can take steps now to ensure safety at home and at school.**

NEW JERSEY EDUCATION ASSOCIATION REVIEW 11/2016

Minimize health risks from electronic devices

- Keep devices away from the body and bedroom.
- Put devices on desks, not laps.
- Hard wire all devices that connect to the internet.
- Hard wire all fixed devices such as printers, projectors and boards.
- Use hard-wired phones instead of cell or cordless phones.



MORE AT: EHTrust.org AND [#PracticeSafeTech](https://twitter.com/PracticeSafeTech)

AMERICAN ACADEMY OF PEDIATRICS SAFETY TIPS FOR FAMILIES

- ▶ Use cell phones in speaker mode or with the use of hands-free kits.
- ▶ Avoid carrying your phone against the body like in a pocket, sock, or bra. Cell phone manufacturers can't guarantee that the amount of radiation you're absorbing will be at a safe level.
- ▶ If you plan to watch a movie on your device, download it first, then **switch to airplane mode while you watch** in order to avoid unnecessary radiation exposure.
- ▶ Keep an eye on your signal strength (i.e. how many bars you have). The weaker your cell signal, the harder your phone has to work and the more radiation it gives off.
- ▶ Avoid making calls in cars, elevators, trains, and buses. The cell phone works harder to get a signal through metal, so the power level increases.
- ▶ Remember that cell phones are not toys or teething items.
- ▶ Make only short or essential calls on cell phones.

Choose corded connections.

Connect to Internet whenever possible using ethernet connections, not Wi-Fi. It is as simple as running a cord from your router directly to your device and then turning off the wireless antennas of the router and the devices.

Corded connections provide access to the same Internet but without the body-penetrating wireless radiation.



Adapters are available to connect ethernet cords to smaller devices such as tablets, e-readers, and smartphones.

Remember that Alexa speakers, virtual reality, Wi-Fi gaming systems, wireless watches/fitness monitors, and Bluetooth all expose you to wireless radiation.