What Parents Need To Know About Safer Technology Use

Do your children use cell phones?
Do your children use iPads or other wireless tablet or laptop computers?
Do you have Wi-Fi at home?

If you answered “yes” to any of these questions, then you can make simple changes to safeguard your child’s health.

Cell Phones and Wi-Fi are no longer considered “safe” for children. Research studies are raising serious concerns about the long term effects of wireless on our children’s healthy development. Scientists and doctors are warning that children should not be using wireless tech. Internationally, cancer registries are now showing a rise in brain cancer. Perhaps more concerning, current research shows that even very low levels of this microwave radio-frequency radiation can impact brain development and neurological functioning.

What Does the Science Say about Wireless and Children?

- **The World Health Organization's International Agency for Research on Cancer classified wireless radio-frequency radiation as a Class 2 B, Possible Human Carcinogen.** Cell and cordless phones have been found to significantly increase the risk for brain tumors. Risks are highest for those who first used a phone under the age of 20. Cancer registries in the United States and several other countries are now showing increased brain cancer.

- **Children absorb more microwave radiation than adults.** Research shows that children's brains, eyes and bone marrow absorb from three to ten times the amount of radiation absorbed by adults.

- **The fetus and children are at the highest risk.** Research shows that the fetus and children are the most vulnerable to the effects of microwave radiation because they have rapidly developing systems and even small environmental insults can have large effects.

- **Wireless radiation during pregnancy has been linked to neurological and developmental abnormalities in the offspring of animals.** Research shows hyperactivity, damaged reproductive systems, altered brain development and damaged nervous systems after exposure to wireless radiation during pregnancy.

- **Wireless radiation at very low levels has been shown to change brain activity.** Research shows increased brain glucose metabolism, changed cognition, and decreases in attention span after exposure to wireless radiation.

- **Wireless radiation has been linked to breast cancer in young women.** Cases are now being reported of young women with no genetic markers being diagnosed with breast cancer directly under the location they placed their phone in their bras. Breast surgeons are now calling for precautions.

What Can I Do ?

Parents can take simple steps to protect their family’s health. Parents can choose safe alternatives to wireless and Practice Safe Tech at home. This means choosing non-wireless connections for your internet, communication and other systems and decreasing your child’s exposure whenever possible. For example, before you give a child a cell phone, tablet or laptop to play with, simply set its Airplane mode to ON and Wi-Fi to OFF.

Take one step at a time. It is simpler than it seems.

Countries Around the World are Taking Precautionary Action to Protect Children

The United States Congress has proposed national legislation to increase funding for research and inform citizens about this issue. Several cities have taken local actions to increase awareness of this issue. Belgium, France, Australia, Russia, the United Kingdom, India, Finland, Canada and the European Union have all taken measures to reduce children's exposure to wireless radiation by stricter regulations and/or issuing informative fact sheets for their citizens about how to reduce exposures to children.

Read the Manufacturers Instructions Written in Fine Print in Wireless Device Manuals

Samsung 3G: "Usage precautions during 3G connection: Keep safe distance from pregnant women's stomach or from lower stomach of teenagers. Body worn operation: Important safety information regarding radiofrequency radiation (RF) exposure. To ensure compliance with RF exposure guidelines the Notebook PC must be used with a minimum of 20.8 cm antenna separation from the body."

iPad: "To be sure that human exposure to RF energy does not exceed the FCC, IC, and European Union guidelines, always follow these instructions and precautions: Orient the device in portrait mode with the Home button at the bottom of the display, or in landscape mode with the cellular antenna (located under the black edge at the top of the device) away from your body or other objects..."

Wireless radiation has been shown to impact sleep, learning, memory, behavior, and increase headaches.

By taking simple actions now, parents can safeguard their children's health.

Does this mean I need to give up technology?

No! It simply means you can choose *safer ways* to connect to the internet. We have choices. Children can use wired landline phones and wired internet connections to get needed network access. The only difference is that you will have some more wires in your home. Parents can arrange their rooms to make this convenient. When it comes to our children's health, we think this is sensible.

But wireless is everywhere, will wires really help?

You can make a huge difference! Simple changes such as hardwiring computers and setting Airplane Mode to ON 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 disease conditions.

Why is it legal if it dangerous?

Wireless was not sufficiently premarket tested for safety before being deployed for general use by consumers of all ages. Because wireless radiation is not a food, drug or chemical, it was not regulated with protective health risk assessments by the EPA or FDA. However, scientists and doctors around the world are now calling for regulations that are more protective.

Is our government doing anything?

The FCC is reviewing our outdated exposure standards. These standards do not protect us from the biological effects of long term low level exposures. Since the FCC is not a science agency, scientists are asking that the EPA do a comprehensive safety review and that the US fund large scale research. The American Academy of Pediatrics has officially stated that children are more vulnerable to this radiation and has called on the US government for standards that "protect" human health. However, regulatory laws can take years to pass. **Parents can act now so their children stay safe.**

"Current FCC standards do not account for the unique vulnerability and use patterns specific to pregnant women and children."

-The American Academy of Pediatrics, 2013