

# National Association for Children and Safe Technology

## Newsletter | June 2017

Dear Members:

It is gratifying to see a growing acknowledgement of the detrimental effects of screen time on youth and children. Delivery of school curriculum, including textbooks, is making screen use mandatory by students. However, this runs counter to all that is known and what we are seeing in students of all ages. As we have been accumulating news articles on this subject for more than a year, please look at this and past NACST newsletters to better understand how screen use is affecting kids of all ages.

Additionally, you will see growing resistance to technology taking place via petition, conferences such as *Screen Time Colorado*, and websites like *Screen-Free Parenting* with lots of ideas on how to engage kids in a screen-free and healthy way.

### **Wi-Fi In Schools and Libraries**

02 June 2017

Screen Time Colorado – Introduction <https://youtu.be/QGZV-FZ1ggY>

Victoria Dunckley Highlights - <https://youtu.be/aHLL0NX8HE8>

Cindy Eckard Highlights - [https://youtu.be/z2DoXk8\\_s3s](https://youtu.be/z2DoXk8_s3s)

Cheri Kiesecker Highlights - <https://youtu.be/KLAJOG7r98Q>

Tracey Markle Highlights - <https://youtu.be/o-MPlqjURwg>

Camilla Rees Highlights - <https://youtu.be/XssQuj9JfAE>

This series of excellent short videos from the Screen Time In Schools – Why Parents Should Care event took place in Denver, Colorado on April 20, 2017.

### **Petitions/Initiatives**

30 April 2017

Wait Until 8th

Wait Until 8th Smartphone Pledge Signed in 14 States and 40 Schools in First Month

<https://www.waituntil8th.org/blog/>

Brooke Shannon

"Why Wait? There is a reason why top Silicon Valley executives are saying no to the smartphone until high school for their children. In fact, there is a long list of reasons and parents need to know them."

(Note: Ironically, Bill Gates signed this petition. He has been the most influential and aggressive supporter of 21<sup>st</sup> century education reform which requires 1 to 1 digital devices for all students and teachers, beginning in elementary school.)

2017

BIC USA, Inc.

Fight For Your Write

<https://www.bicfightforyourwrite.com/mission>

"Why Fight For Your Write with BIC?

Join **BIC** on our mission to celebrate handwriting and **Fight For Your Write**. Writing is an important vehicle for communication because it distinguishes us and promotes individuality. Did you know that writing is also a critical learning tool for children?"

"Handwriting engages 14 different abilities:

1) Visual Focusing, 2) Mental Attention, 3) Organized Physical Movements, 4) Receptive Language, 5) Inner Expressive Language, 6) Memory Recall, 7) Concentration with Awareness, 8) Spatial Perception, 9) Organization, 10) Integration, 11) Eye-Hand Coordination, 12) Motor Planning, 13) Tactile Input, and 14) Crossing Midline"

### Medical / Scientific Advocacy

07 June 2017

UK - Independent

Giving Your Child a Smartphone Is Like Giving Them a Gram Of Cocaine, Says Top Addiction Expert

<http://www.independent.co.uk/news/education/education-news/child-smart-phones-cocaine-addiction-expert-mandy-saligari-harley-street-charter-clinic-technology-a7777941.html>

Rachael Pells

### Scientific Research

23 June 2017

Science Daily | University of Texas at Austin

The Mere Presence of Your Smartphone Reduces Brain Power, Study Shows

[https://www.sciencedaily.com/releases/2017/06/170623133039.htm?utm\\_source=feedburner&utm](https://www.sciencedaily.com/releases/2017/06/170623133039.htm?utm_source=feedburner&utm)

Adrian F. Ward, Kristen Duke, Ayelet Gneezy, Maarten W. Bos

"Summary: Your cognitive capacity is significantly reduced when your smartphone is within reach — even if it's off — suggests new research."

### Legal / Legislation

30 June 2017

Environmental Health Trust

Child With Heart Problems From Wireless California SB 649 Hearing (03:14 minute video)

<https://www.youtube.com/watch?v=OgNLRgfQOX4>

**27 March 2017**

Colorado - Parents Against Underage Smartphones (PAUS)

<http://www.pausamerica.com/about-us.html>

Citizen Proposed Ballot initiative 2017-18 #19, "Prohibit Sales of Smartphones to Minors Under the Age of 13

<http://nebula.wsimg.com/0caa38a373b68ad5d576d81f5a19a1ea?AccessKeyId=31623931D139E9C7963C&disposition=0&alloworigin=1>

Related article:

**19 June 2017**

The Washington Post

Smartphones Made His Kids 'Moody' and 'Withdrawn. Now He Wants To Ban Them For Preteens

[https://www.washingtonpost.com/news/morning-mix/wp/2017/06/19/why-a-colorado-dad-is-fighting-to-make-smartphones-for-preteens-illegal/?utm\\_term=.33381db30a8f](https://www.washingtonpost.com/news/morning-mix/wp/2017/06/19/why-a-colorado-dad-is-fighting-to-make-smartphones-for-preteens-illegal/?utm_term=.33381db30a8f)

Katie Mettler

### Articles / Various

**10 June 2017**

Families Managing Media

The New Face of Addiction: Ten Signs Someone You Love Is Addicted

<http://www.familiesmanagingmedia.com/the-new-face-of-addiction-ten-signs-someone-you-love-is-addicted/>

Erik Goldfield

**09 June 2017**

Health For All Kids (FB page)

Smartphones Are Like Cocaine To Children (music video)

<https://www.facebook.com/HealthForAllKids/videos/301316260295203/>

"Technology is turning your kids into digital junkies."

**01 June 2017**

Cincinnati Family Magazine

Kids & Phone Radiation

<http://cincinnatifamilymagazine.com/kids-health-safety/kids-phone-radiation>

Sherri Hang

This article downplays the health harms associated with cell phone use and children.

**02 June 2016**

AsapSCIENCE

How Is Your Phone Changing You?

<https://www.youtube.com/watch?v=W6CBb3yX9Zs> (03:11 minute video)

07 September 2014

AsapSCIENCE

5 Crazy Ways Social Media Is Changing Your Brain Right Now

[https://www.youtube.com/watch?v=HffWFd\\_6bJo](https://www.youtube.com/watch?v=HffWFd_6bJo) (03:14 minute video)

*Get informed + Take action + Pass it on      Thank you for being a part of NACST!*