

National Association for Children and Safe Technology

Newsletter | March 2017

Dear Members:

Thank you to Richard Sacks, Host of Lost Arts Radio and Independent Holistic Health Scientist for endorsing the *Turn It Off 4 Kids* Initiative!
www.lostartsradio.com

NACST is supporting a special event, April 20th 2017, in Denver Colorado:
Screen Time In Schools: Why Parents Should Care Admission is free!
<https://www.screentimecolorado.com>

The *Turn It Off 4 Kids* Initiative has a new 5" x 7" #TIO4Kids Postcard for sharing!
You can access it here: <http://www.nacst.org/turn-it-off-4-kids-tool-kit.html>

Wi-Fi In Schools and Libraries

21 March 2017

Education Week (Gates' funded journal)

A Call for Fewer Screens in the Classroom

<http://www.edweek.org/tm/articles/2017/03/21/a-call-for-fewer-screens-in-the.html>

Amy Williams

07 February 2017

Electronic Silent Spring

Inviting Discussion About Safer Tech Use In Schools

<http://www.electronicssilentspring.com/safer-schools/>

Katie Singer

This is an excellent and much-needed discussion on the use of screens in schools; however, NACST does not endorse policies that allow children and youth to be exposed to microwave radiation for any reason.

Medical / Scientific Advocacy

28 March 2017

HandsOn OT

What Screen Time and Screen Media Do To Your Child's Brain and Sensory Processing Ability

"Because while the parent thinks they're doing something positive – or at least neutral – for their child by setting them in front of screen media, they're actually interfering with

the child's natural, healthy development. The younger the child is, the greater the interference and future consequences."

14 March 2017

Environmental Health Trust

Dr. Lennart Hardell Wireless Radiation and Children's Health Iceland

<https://www.youtube.com/watch?v=orz6FFNvnT4> (31:12 minute video)

Scientific Research

29 March 2017

BMJ Journals | Occupational & Environmental Medicine

Occupational Exposure and Amyotrophic Lateral Sclerosis In a Prospective Cohort

<http://oem.bmj.com/content/early/2017/03/06/oemed-2016-103780>

Koeman, T., Slottje, P., Schouten, L.J., Peters, S., Huss, A., Veldink, J.H., Kromhout, H., van de Brandt, P.A., Vermeulen, R.

See also related article:

30 March 2017

Counsel & Heal | Physical Wellness

Occupational Exposure to Electromagnetic Fields Link To ALS Confirmed In Utrecht Study

<http://www.counselheal.com/articles/37189/20170330/occupational-exposure-electromagnetic-fields-link-als-confirmed-utrecht-study-video.htm>

Gerard Black

22 March 2017

Neurological Sciences – Official Journal Of the Italian Neurological Society and Of the Italian Society Of Clinical Neurophysiology

The Effect of Wi-Fi Electromagnetic Waves In Unimodal and Multimodal Object Recognition Tasks In Male Rats.

<https://www.ncbi.nlm.nih.gov/pubmed/28332042>

Hassanshahi, A., Shafeie, S.A., Fatemi, I., Hassanshahi, E., Allahtovakoli, M., Shabani, M., Roohbakhsh, A., Shamsizadeh, A.

2017

Melbourne, Australia - 15th World Congress On Public Health

"Past, Present and Future Electro Hypersensitivity: History, Definition and Proposed Diagnostic Criteria"

<http://wcp2017.paperlessevents.com.au/view-poster/P064>

Mary Redmayne, PhD

Legal / Legislation

06 March 2017

Enviroblog | Environmental Working Group

California Cautions Cell Phone Users: Keep Your Distance

http://www.ewg.org/enviroblog/2017/03/california-cautions-cell-phone-users-keep-your-distance?utm_source=newsletter&utm_campaign=201703news&utm_medium=email
Bill Walker & Olga Naidenko

06 March 2017

SB Wire

Environmental Health Trust

Cyprus Removes Wi-Fi from Kindergartens and Halts Wireless Deployment Into Public Elementary Schools

<http://www.sbwire.com/press-releases/cyprus-removes-wi-fi-from-kindergartens-and-halts-wireless-deployment-into-public-elementary-schools-778002.htm>

DISCLAIMER: While this legislation maybe a step in the right direction, NACST does not endorse laws that allow for children and youth to be exposed to microwave radiation for any reason.

"However, if the use of Wi-Fi is deemed necessary for a specific educational program, the Decree stipulates that, 'necessary measures to protect children should be taken, and wireless access points should remain inactive when not in use for teaching purposes.' Furthermore, 'the consent of parents should be ensured in advance.' The Decree instructs the School Directors to assure parental consent and send a letter to the parents of children who will participate in programs involving wireless technology - informing the parents of the reason and duration of Wi-Fi usage."

06 March 2017

Telecompaper

Paris To Adopt More Stringent EMF Radiation Standards

<https://www.telecompaper.com/news/paris-to-adopt-more-stringent-emf-radiation-standards--1186734>

"Announcing the news, Hidalgo said that Paris was to become the most protective across all the main European cities in terms of exposure from wireless network antennas, setting a lower limit than the one adopted in Brussels (6V/m). The new agreement, expected to be approved by the municipality of Paris at the end of March, also includes plans for a new monitoring service to help measure EMF levels within buildings."

Articles / Various

26 March 2017

Psychology Today

Why Social Media Is Not Smart For Middle School Kids

<https://www.psychologytoday.com/blog/mental-wealth/201703/why-social-media-is-not-smart-middle-school-kids>

Melanie Hempe, RN, founder of [Families Managing Media](#)

"Tweens' brains are simply too immature to use social media appropriately."

24 March 2017

Canada – CBC News

The Secret Inside Your Cell Phone (22:28 minute video)
https://www.youtube.com/watch?v=Wm6gik_Qdb8&feature=youtu.be
Wendy Mesley

"As new science fuels the debate about cellphone safety, we take a closer look at a little known message inside your cellphone's settings and manual telling you to keep the device 5 to 15 mm away from your body. We ask why this message exists, why it's so hidden, and whether Health Canada is doing enough to protect us."

15 March 2017

The Wall Street Journal
Villanova Players Want Back-to-Back Titles. They Also Want Their Phones Back.
<https://www.wsj.com/articles/villanova-players-want-back-to-back-titles-they-also-want-their-phones-back-1489608702?mod=e2fb>
Andrew Beaton & Ben Cohen

"Jay Wright, the coach of college basketball's defending champion, has an unusual strategy for keeping his players' attention: He takes away their cell phones the night before games."

13 March 2017

The New York Times
Are Teenagers Replacing Drugs With Smartphones?
https://www.nytimes.com/2017/03/13/health/teenagers-drugs-smartphones.html?_r=1
Matt Richtel

09 March 2017

BBC
School Asks Parents Not To Use Mobiles At Gates
<http://www.bbc.com/news/uk-england-tees-39217539>

04 March 2017

U.K. - The Telegraph
Surge In Children Being Admitted To Hospital For Sleeping Disorders With Many Kept Awake By Technology
http://www.telegraph.co.uk/news/2017/03/04/surge-children-admitted-hospital-sleeping-disorders-many-kept/?WT.mc_id=tmg_share_fb
Stephen Walter

02 March 2017

The Washington Post
How Millions Of Kids Are Being Shaped By Know-It-All Voice Assistants
https://www.washingtonpost.com/local/how-millions-of-kids-are-being-shaped-by-know-it-all-voice-assistants/2017/03/01/c0a644c4-ef1c-11e6-b4ff-ac2cf509efe5_story.html?utm_term=.5849cad90b9b
Michael S. Rosenwald

December 2014 / January 2015

Focus On the Family Magazine
Raising Socially Competent Kids

http://www.focusonthefamily.com/parenting/building-relationships/life-skills/raising-socially-competent-kids?utm_campaign=Your+Smartphone+vs.+Your+Spouse&utm_medium=email&utm_source=nl_focusenews

Gary Chapman and Arlene Pellicane

"With increased screen use, the neural connections used for listening and learning, concentration and conversation are often neglected. Furthermore, kids who heavily use technology become 'wired' to use their gadgets to communicate instead of talking face to face with people.

Eye contact is essential! Teaching children to make eye contact helps them pay attention to the person at hand. When you insist upon eye contact and give it generously, you help your child focus relationally on others, even increasing his ability for empathy."

Get informed + Take action + Pass it on

Thank you for being a part of NACST!