



<https://www.boston25news.com/news/plugged-in-too-much-screen-time-could-be-harming-children-s-brains/1005520155>

A Bit About the Interview

Fox News contacted me last night after a new article came out in JAMA Pediatrics, "[Associations Between Screen-based Media Use and Brain White Matter Integrity in Pre-School Aged Children.](#)"

The assignment was for a one-minute story on screen time and we're grateful they ran a [two-minute piece](#) that included radiation exposure too (a subsequent story ran later that night but the clip isn't yet available -- they recommended airplane mode and hard-wiring :-).

Helpful Resources for Safe Technology Conversations

Below is additional information they couldn't fit into the story. Please consider using these resources and solutions to help engage your community in the technology safety conversation.

Far too few understand the growing hazards of today's technology, both with excessive screen time and the toxic radiation emitted by every wireless device, cell tower, small cell and utility "smart" meter.

Until public policy catches up to the science, it's up to us to become informed on technology risks, protect ourselves and our collective children, and ensure safe technology in our communities.

Consider forwarding this email to loved ones, your health care providers, colleagues, civic groups, schools, and public servants at the local, state and federal levels to start this critical conversation.

Screenagers



https://www.screenagersmovie.com/?mc_cid=b6127e3b6a&mc_eid=bec9c070d0

When Dr. Delaney Ruston's children began asking for smart phones, she wanted to know more about what the ramifications might be as both a parent and a physician.

Dr. Ruston is also a documentarian so she produced the original [Screenagers](#) film a couple of years ago to address the social and emotional impact of screen time, as well as digital addiction.

She only licenses Screenagers for community screenings so folks will come together and have a base from which children, parents and educators feel empowered to discuss growing up safely in the digital age.

Dr. Ruston has just released a sequel, [Screenagers The Next Chapter: Uncovering Skills for Stress Resilience](#). Ashland High School, MA and the Decisions at Every Turn Coalition are presenting this to our community on Thursday, December 5 from 7-8:30 p.m., 65 East Union Street, Ashland, Massachusetts.

It is open to the public so all are welcome to attend for free or you might find it is [being scheduled in your community](#) as well. If not, you may wish to suggest it be brought in.



Companion Film: Generation Zapped

The award-winning film [Generation Zapped](#) is a natural follow-on to the Screenagers series.

If you haven't seen it yet, Generation Zapped is a beautifully done film featuring leading world scientists, doctors, public health experts and patients who explain the biological impact of wireless radiation and how we can lessen our exposures.

Ashland Public School's *Best Practices for Mobile Devices* are featured in the film as a first-in-the-nation precautionary initiative.

Generation Zapped won Best Documentary at the D.C. Independent Film Festival, the Women's Film Festival, and was selected for the United Nations Association Film Festival among others.

Schools are beginning to show Generation Zapped, and it is also screened at public libraries, town halls, universities, houses of worship and other [community venues](#) around the world (and even at the Massachusetts State House, the National Institutes of Health and Google headquarters!).

Generation Zapped can be [downloaded on-line for private viewing, or licensed for public screenings](#).

I would be honored to help you co-host a screening if you're near Massachusetts. I can fill your guests in on new studies that have come out since the film's release, and how others are successfully transitioning to safe technology.

The Science of Biological Impact

If you decide to speak to your schools and town about the biological effects of wireless, it may be helpful to share the peer-reviewed, published [scientific studies](#) showing wireless radiation is a neurotoxin, a leading factor in our epidemic of anxiety and depression, and our skyrocketing rates of [autism](#).

[Other studies](#) link wireless radiation to child and adult cancers, infertility, ADD/ADHD, behavior issues, learning disabilities, insomnia, headaches, nosebleeds, anger, pain, skin abnormalities and more.

The Industry

It may also be important to share the New York Times articles that report Silicon Valley executives are [sending their children to schools with no technology](#) and [having their nannies sign contracts](#) that there will be no screens around their children.

The Harvard report, "[Captured Agency: How the Federal Communications Commission is Dominated by the Industries it Presumably Regulates](#)," explains why nobody has our backs on this at the federal level.

Captured Agency teaches us the FCC is now staffed by former wireless industry executives and appears to be using big tobacco tactics to suppress evidence of harm while promoting toxic products to an unsuspecting public.

The FCC has no independent biomedical or scientific expertise, yet they set the public radiation exposure limits and are not listening to the world's experts on the dire risks of those exposure levels.

So, until public policy catches up to the science, it is up to us to learn to protect ourselves and our collective children.

The message is not "no technology" but rather "safe technology". With a little education we can learn common sense strategies to greatly reduce our exposures.



https://www.wirelesseducation.org/store/l2/?mc_cid=b6127e3b6a&mc_eid=bec9c070d

Wireless Education Courses & Information Cards


The non-profit Wireless Education was established so others would have a quick, easy, reliable resource to turn to for the peer-reviewed, published facts along with safer technology solutions.


We have built a [Schools & Families Course](#) and a [Corporate Safety Induction Course](#). Each can be taken in about a half hour on-line and provides a tip sheet at the end to print out with handy reminders. There is a small course fee to help keep this educational charity operational.

We suggest each adolescent and adult in a family take a course to level-set with the facts up front. (Those responsible for risk management at work will also benefit from learning the legal risks of exposing employees to wireless radiation via the Corporate Course.)

Then have a conversation about first steps you and your loved ones or colleagues might take toward safe technology and build long-term solutions from there.

If you haven't taken [the courses](#) yourself yet, you may find they are a terrific condensed resource that will save you the struggle of having to convince others this issue really exists. We hope the courses will make it easy for you to share the safe technology message widely.

**Wireless Education**
Safe Schools, Healthy Workplaces



Learn About Wireless Radiation

- 📶 All mobile and Wi-Fi devices operate through two-way microwave radiation, but have never been safety tested.
- 📶 A growing body of scientific evidence indicates Wi-Fi and cellular radiation causes extensive biological harm.
- 📶 Out-dated government guidelines do not reflect current science, so manufacturers are still allowed to sell products that emit toxic levels of microwave radiation.
- 📶 Adults and children alike are beginning to feel unwell around mobile and portable DECT phones, Wi-Fi routers, tablets, wearables, smart utility meters, and other wireless devices.
- 📶 Longer-term concerns include DNA damage, cancers, infertility, Alzheimer's, autism, chronic fatigue, learning disabilities, behavioral issues and more.
- 📶 We believe a little education will go a long way to protecting yourself and your loved ones.

See **reverse side** for quick and easy affordable courses you can take today -- including our Free Quiz!

www.wirelesseducation.org

We also have a [Wireless Education information card](#) and some find it helpful to hand these out when speaking to others about the need for safe technology so they have somewhere to go to learn that isn't too overwhelming.

You're welcome to send the [info card file](#) to a print shop and have a set of your own cards printed to distribute (the card file itself is free to access; [donations](#) are appreciated by those who can contribute if you find this resource useful).

The Urgency

Toxic 4G/5G small cell antennas are being installed in neighborhoods right outside homes at the curb pulsing radiation at us 24x7. In addition, more and more of the products we bring inside our homes are also pulsing toxic radiation from wireless antennas for the Internet of Things (IoT).

Many are forming community groups to educate and protect their towns. The [5G Crisis](#) website provides a list of such groups, info for starting a new group, and a tool kit to help at every step.

Nobody's going to fix this but us, so I hope you'll take advantage of these resources to do what you can from where you are. It's a lot easier to transition to safe technology when those around you are educated too and you can work together.

Kind regards,

Cece

Cecelia (Cece) Doucette, MTPW, BA

Technology Safety Educator

[Understanding EMFs](#)

[Wireless Education](#)

[HiBR Conference @ NIH](#)

[Expert Forum on Wi-fi in Schools](#)

[Municipal Presentation on 5G & EMFs](#)

[Additional YouTube EMF Talks](#)

Generation Zapped Award-Winning Film

2019 EMF Conference for Health Practitioners