



Parenting & Schooling in the Digital Age

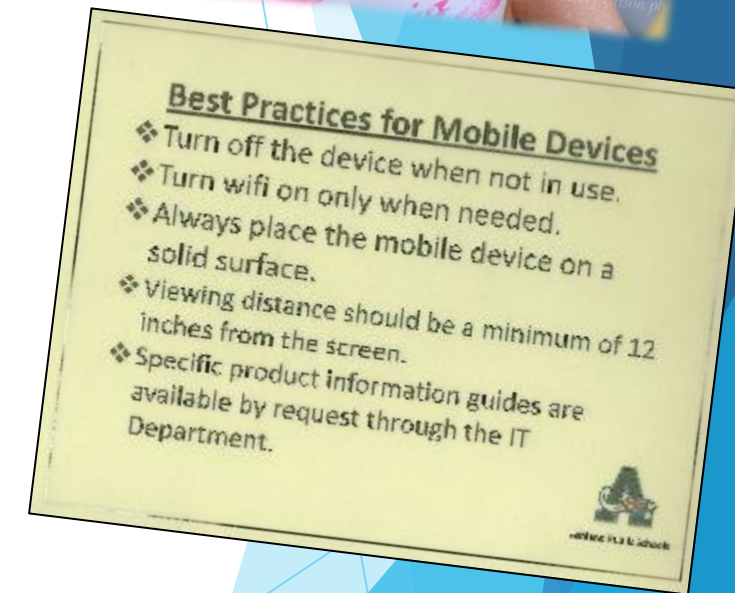
Cece Doucette, Director, Massachusetts for Safe Technology,
Safer Screentime

With Gratitude to Co-Host Meredith Quinn,
Ayers Ryal Side Elementary School PTO President, Beverly, MA

April 2, 2025

Cece Doucette, MTPW

- ▶ Co-founder, [Safer Screen time](#)
- ▶ Co-founder, [Massachusetts for Safe Technology](#)
- ▶ Helped Ashland, MA become first-in-nation with [Best Practices for Mobile Devices](#), 2014
- ▶ Co-Chair, [Technology Panel, Health in Buildings Roundtable Conference](#) @ NIH
- ▶ Speaker: EMF Medical Conference [2021](#)



Welcome

Overview of Tech Impacts

- ▶ Child development
- ▶ Digital dependency
- ▶ Radiation illnesses

Regain Healthier Balance

- ▶ Hope
- ▶ What to do, baby steps
- ▶ Tech sabbath

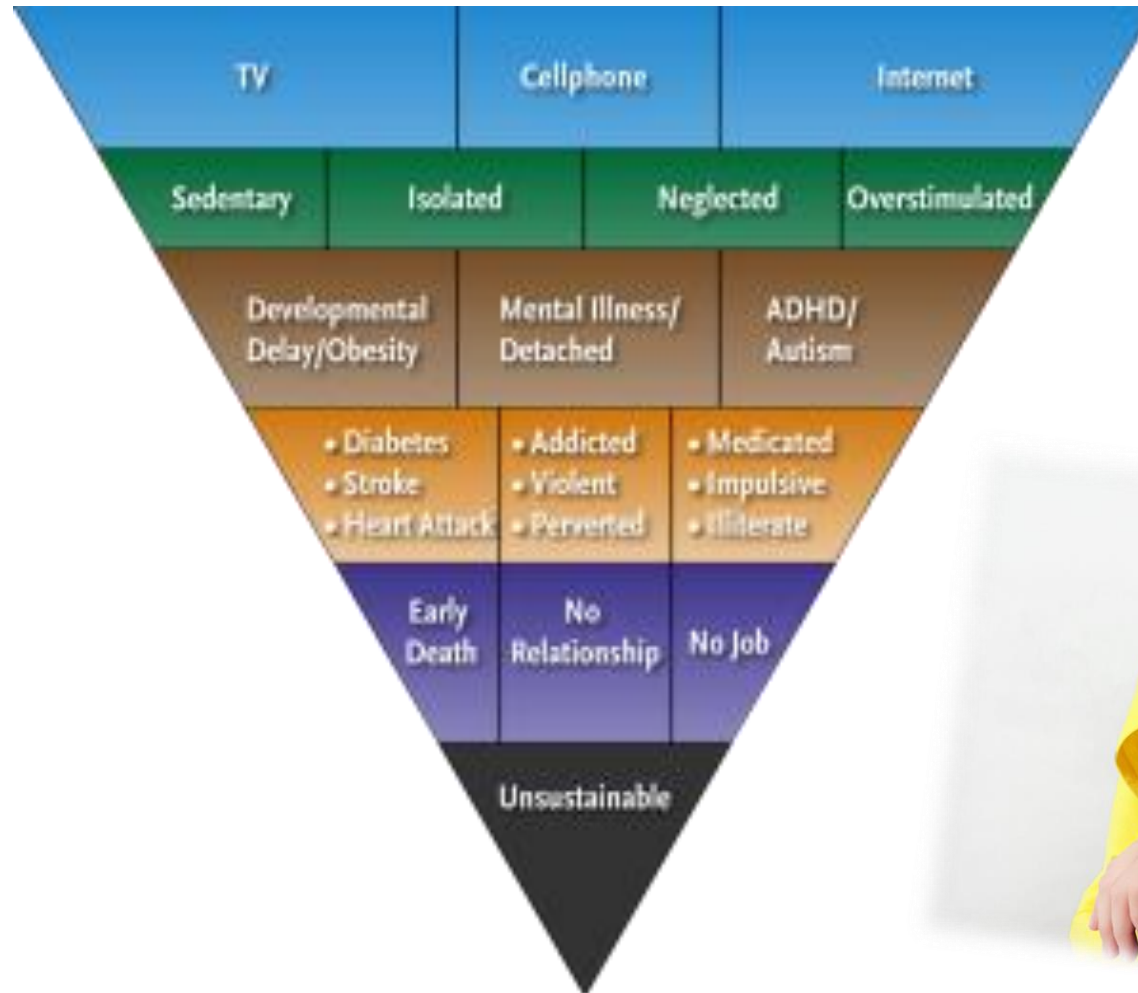


What a Child Truly Needs for Proper Development

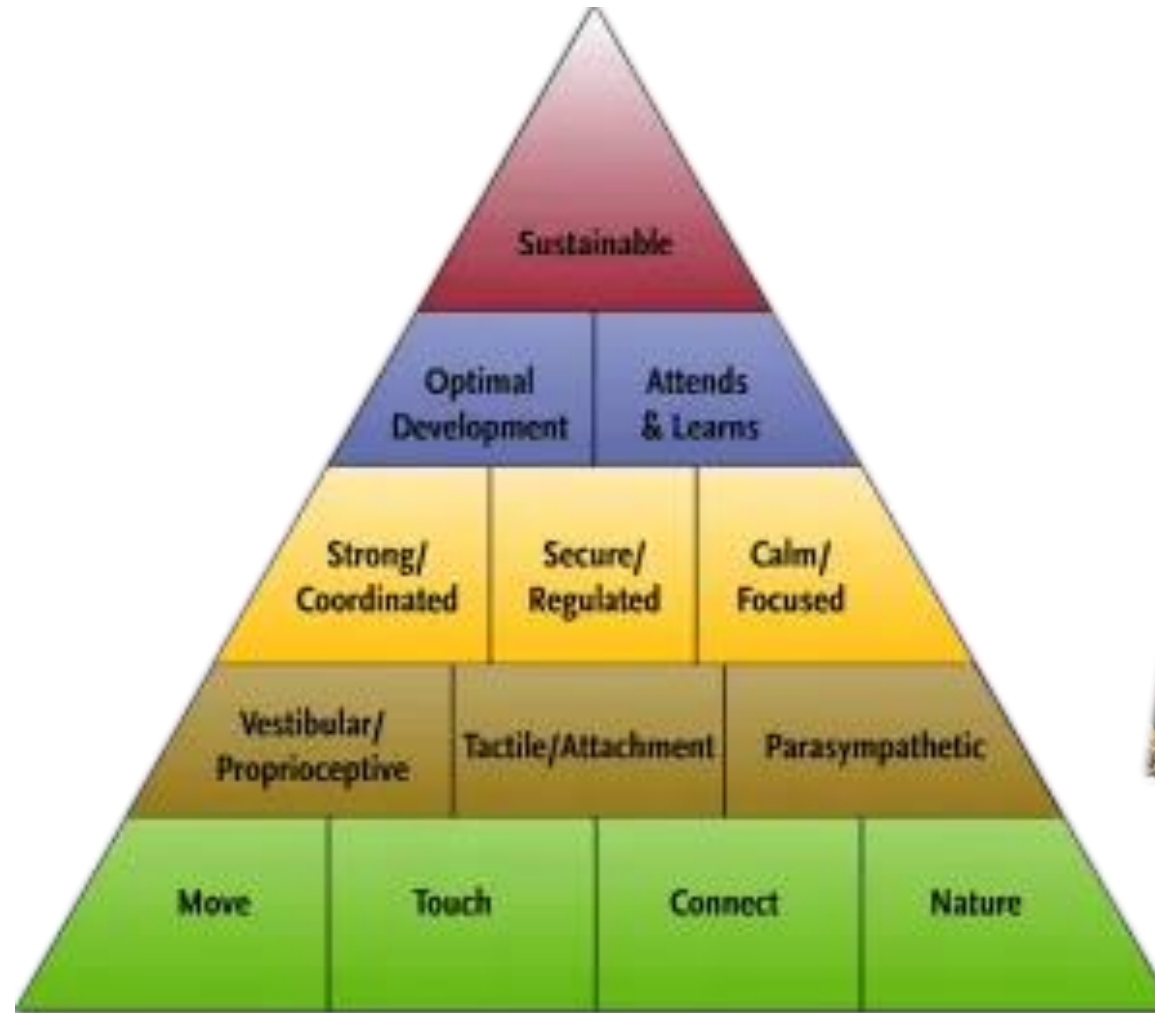
- ▶ Movement
- ▶ Touch
- ▶ Human Connection
- ▶ Nature



Excessive Tech Outcomes



Positive Child Development



Building Foundations

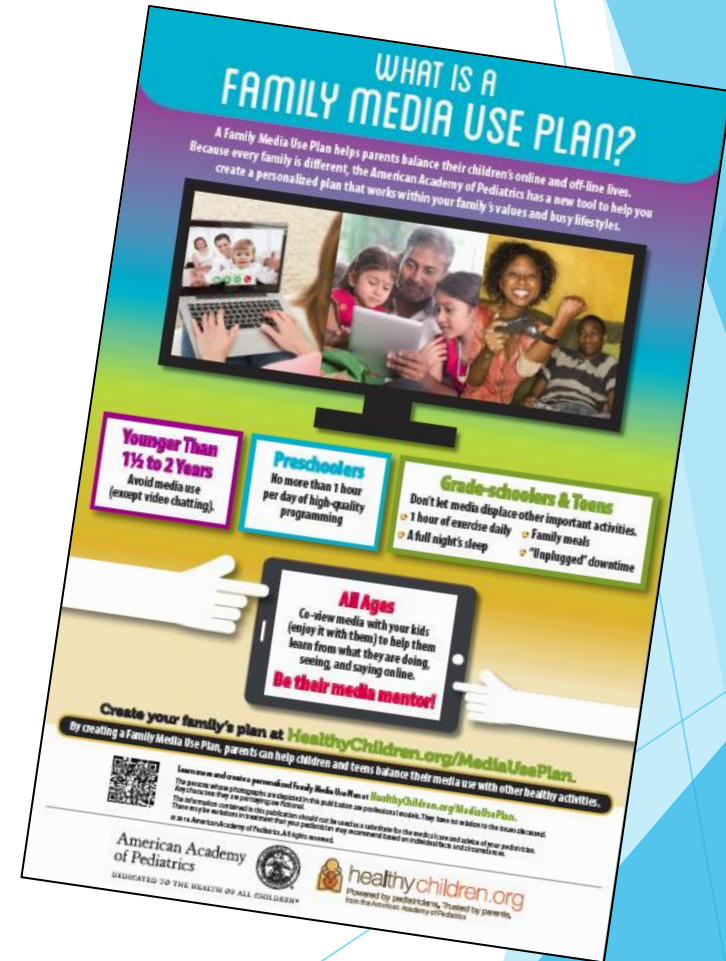
Digital Dependency on the Rise

- ▶ Over-stimulation of the pleasure centers of the brain
- ▶ Poor academic performance
- ▶ Impairment of proper brain development: communication skills, empathy, creativity, problem solving abilities, attention span and self-control
- ▶ Under-developed motor skills
- ▶ Obesity
- ▶ Eye damage



American Academy of Pediatrics

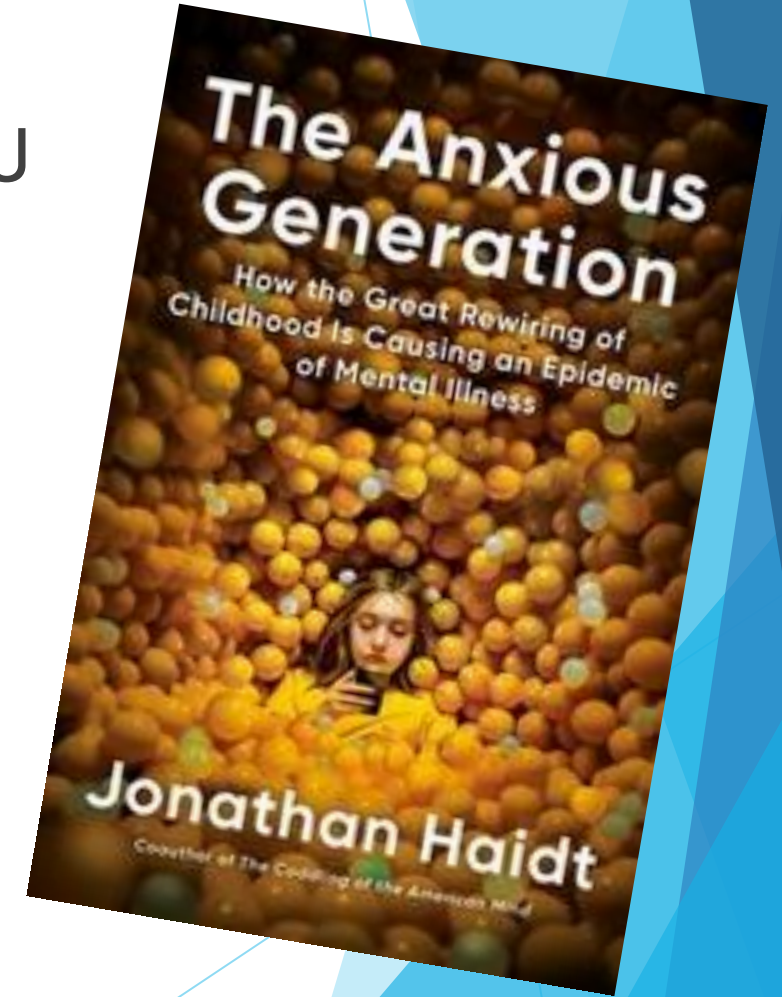
- ▶ No screen time before two years of age
- ▶ Older children, one to two hours per day
- ▶ Family Media Use Plan



The Anxious Generation

Social Psychologist Jonathon Haidt, PhD, NYU

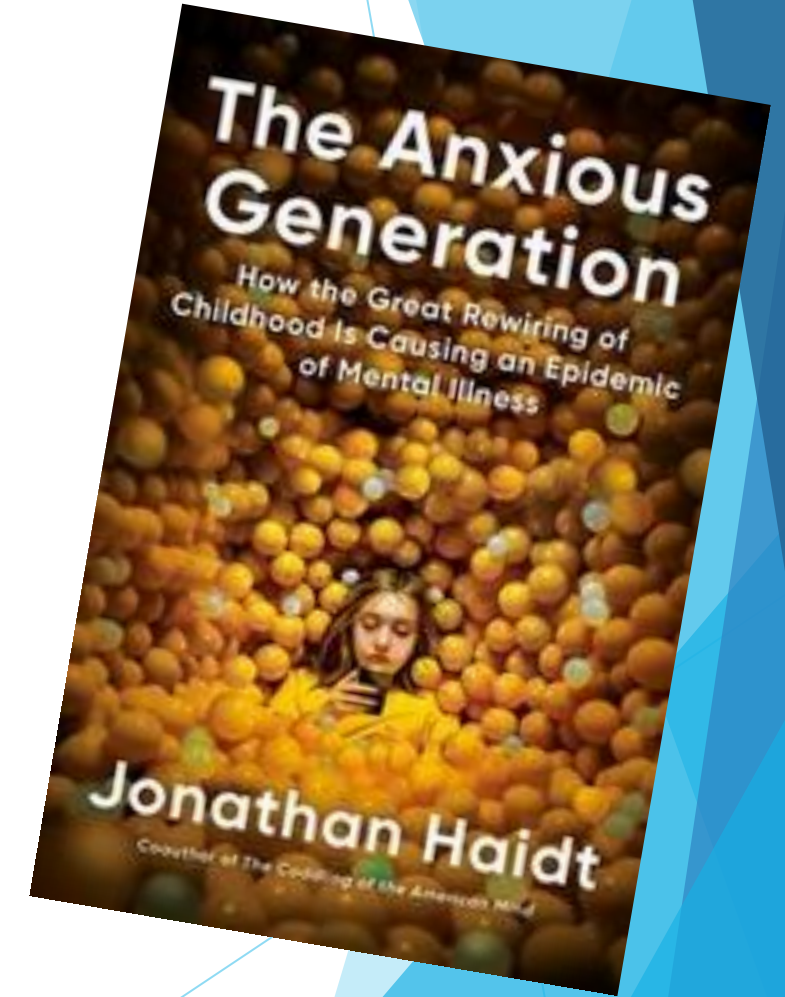
- ▶ 4 Foundational Harms:
 - ▶ Social Deprivation/Spiritual Degradation
 - ▶ Sleep Deprivation
 - ▶ Attention Fragmentation
 - ▶ Addiction Dependence



The Anxious Generation

4 Recommendations:

1. No smartphones before high school
2. No social media before 16 years old
3. Phone-free schools to free up students' attention for each other and their teachers
4. More unsupervised play and childhood independence

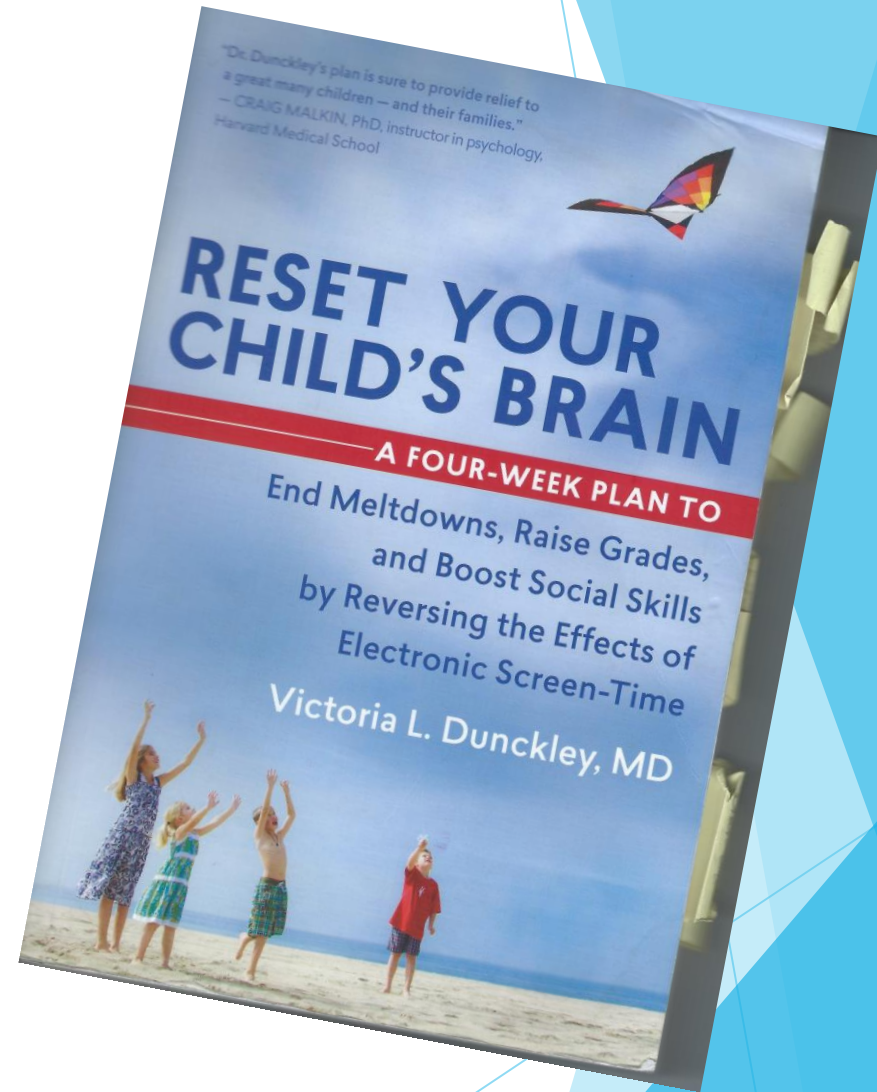


Reset Your Child's Brain

Victoria Dunkley, MD

4-Week Plan to:

- ▶ End meltdowns
- ▶ Raise grades
- ▶ Boost social skills by reversing the effects of electronic screen-time



Wireless Radiation & Health

- ▶ Radiofrequencies
- ▶ Legal fine print & demo
- ▶ Science
- ▶ Exposure sources
- ▶ Why don't we know?
- ▶ Solutions

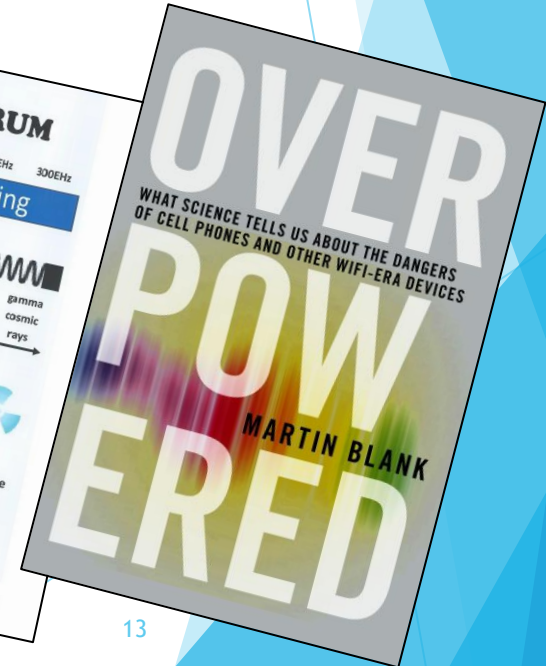
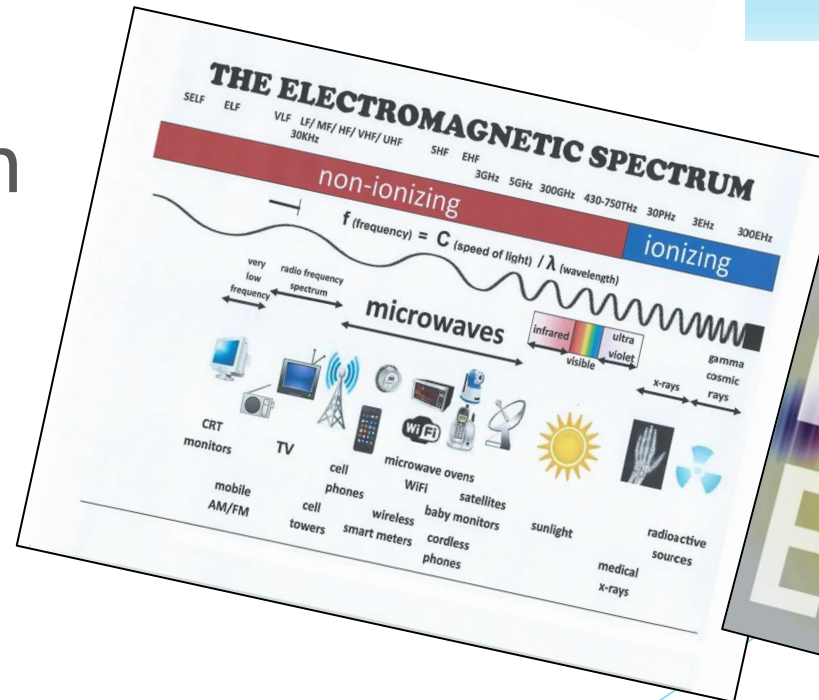


What is Wireless Radiation and Why Should I Care?

▶ Electromagnetic Fields (EMFs)

- ▶ Earth: 7.83 hertz
- ▶ Megahertz: 1 million
- ▶ Gigahertz: 1 billion

▶ Overpowered



The Legal Fine Print

▶ See the Fine Print

▶ Settings

▶ **G**eneral

▶ **L**egal & Regulatory

▶ **RF** Exposure

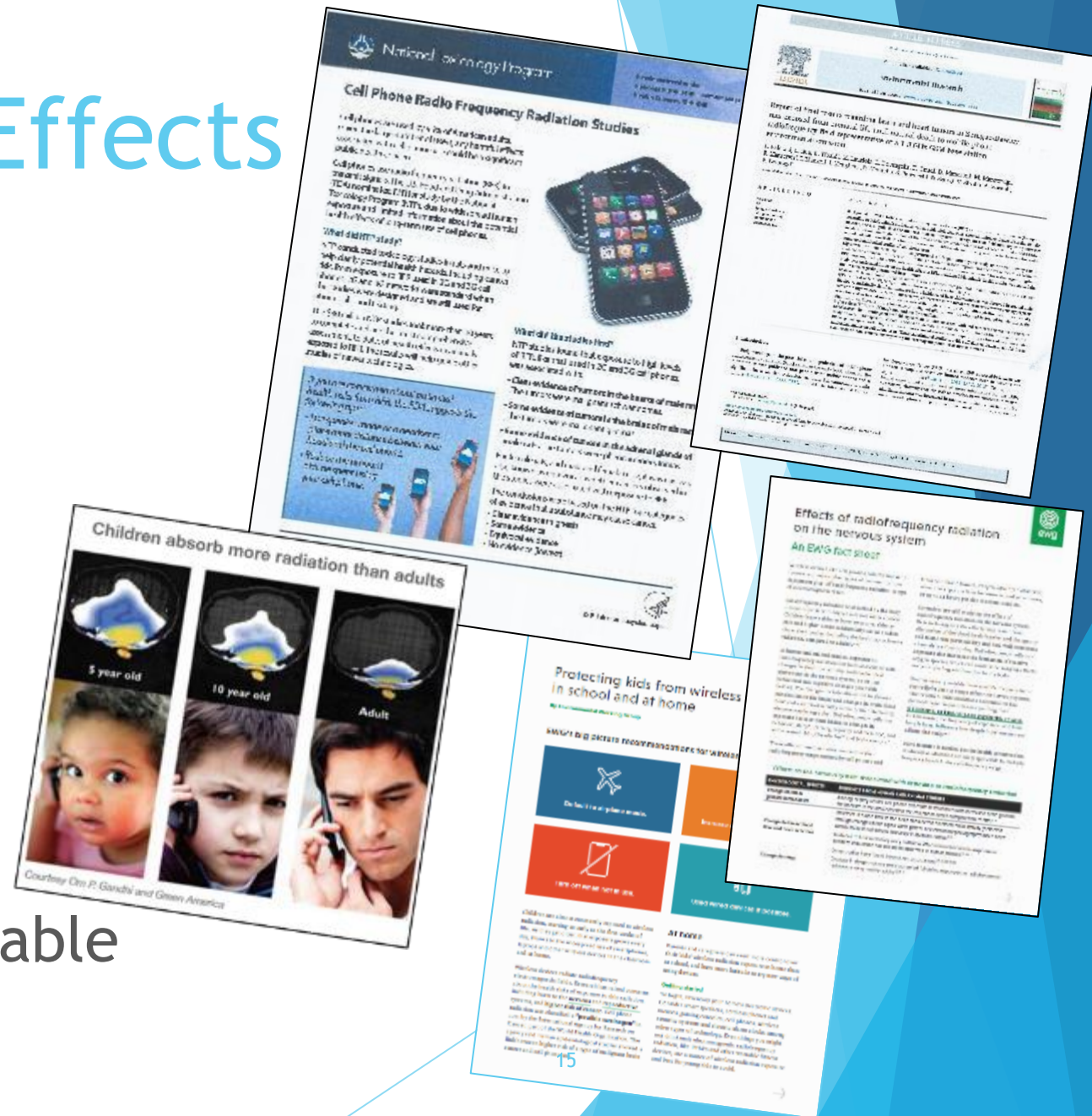
▶ Safe & Sound Pro II demonstration

▶ Environmental Health Trust library grant fund



Science: Long-term Effects

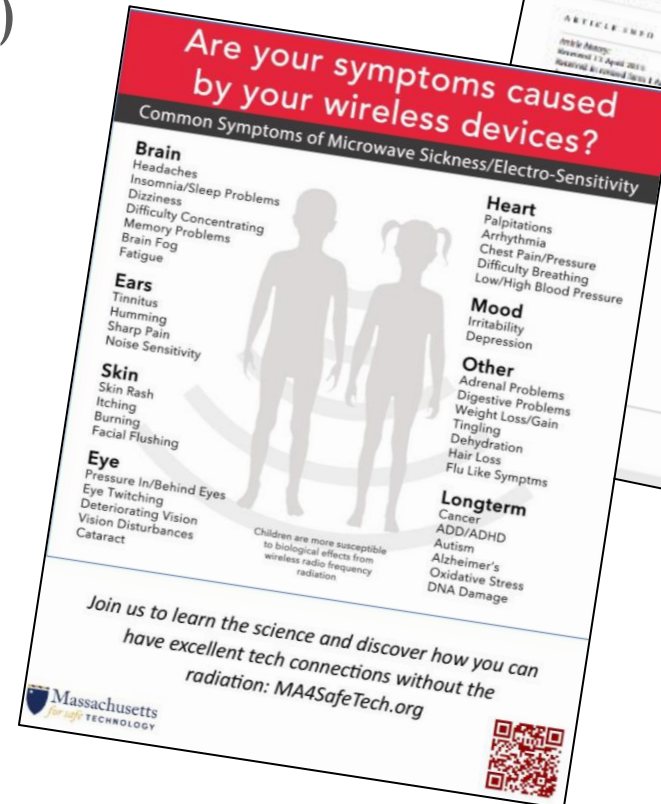
- ▶ Child & Adult Cancers
- ▶ DNA Damage
- ▶ Infertility
- ▶ Neurotoxicity
 - ADD/ADHD
 - Autism
 - Alzheimer's
 - EWG Fact Sheets
- ▶ Children are especially vulnerable



Science: Short-term Effects

► Electromagnetic Sensitivities (ADA)

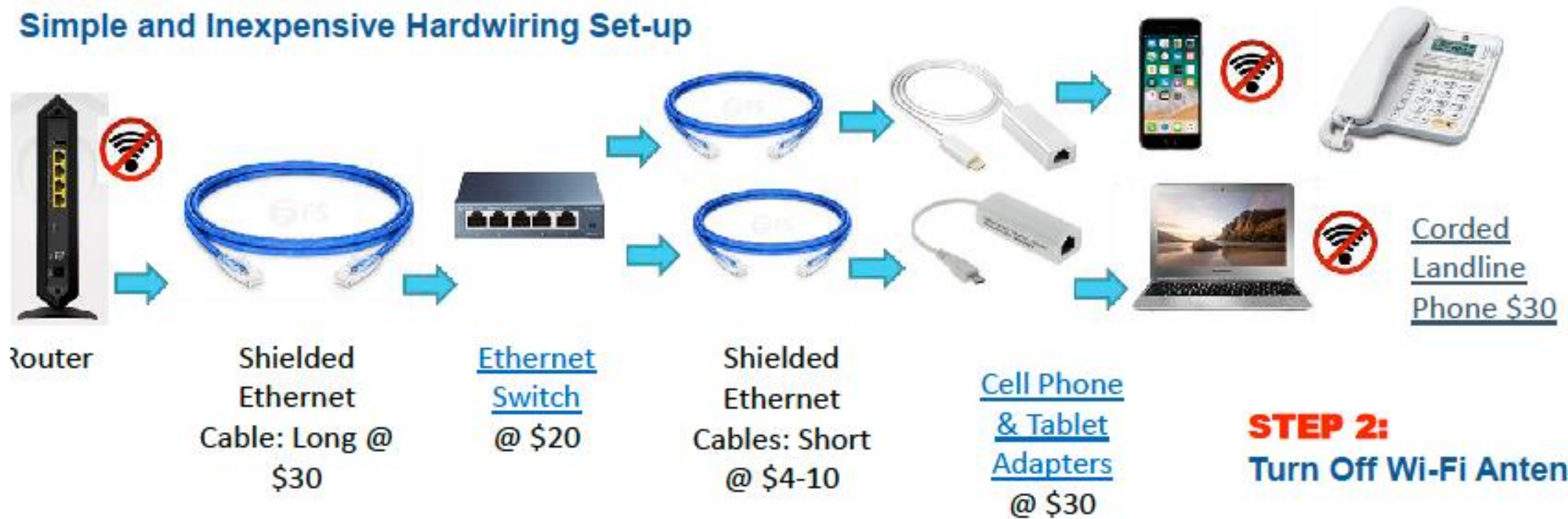
- Insomnia
- Headaches
- Nosebleeds/earbleeds
- Fatigue
- Pain
- Skin abnormalities
- Irregular heartbeats
- Cognitive impairment
- Anger, behavior issues
- Anxiety, depression, suicidal ideation



What Safe Technology Looks Like

STEP 1:

Simple and Inexpensive Hardwiring Set-up

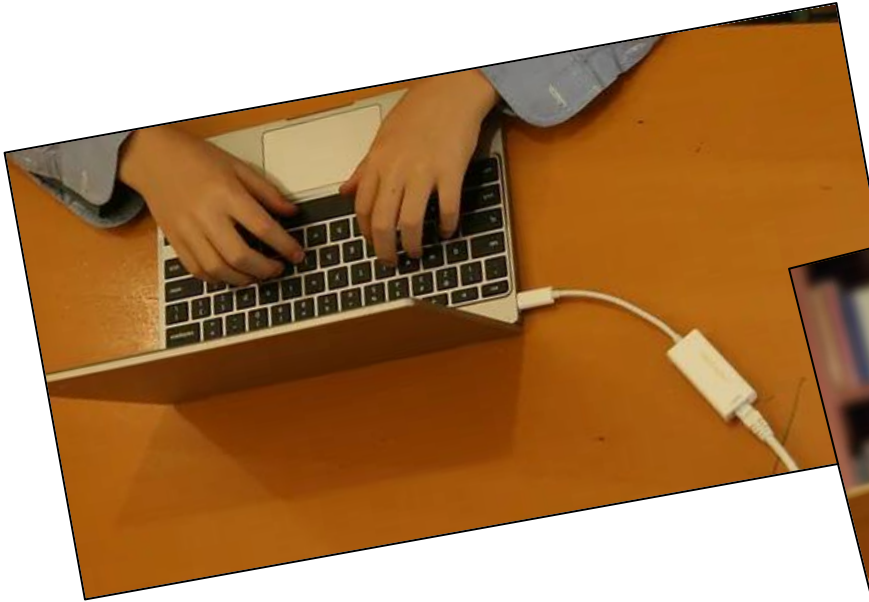


STEP 2:

Turn Off Wi-Fi Antennas

STEP 3: Measure

What Safe Technology Looks Like



TechSafeSchools.org



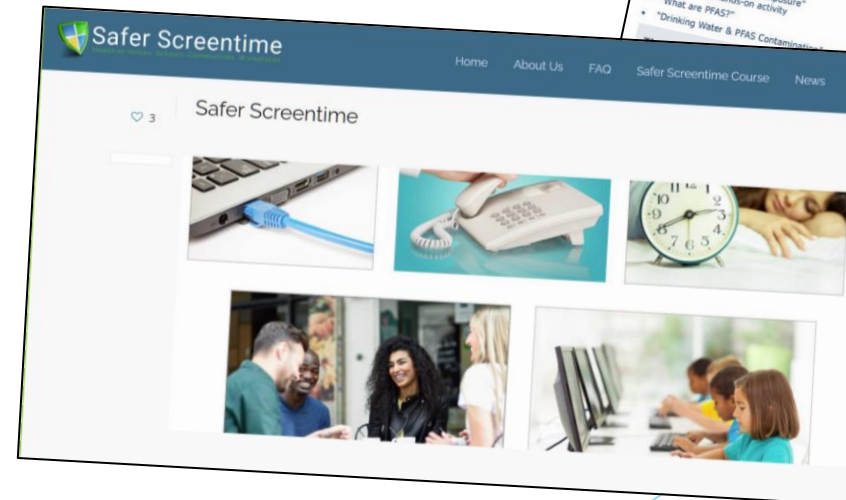
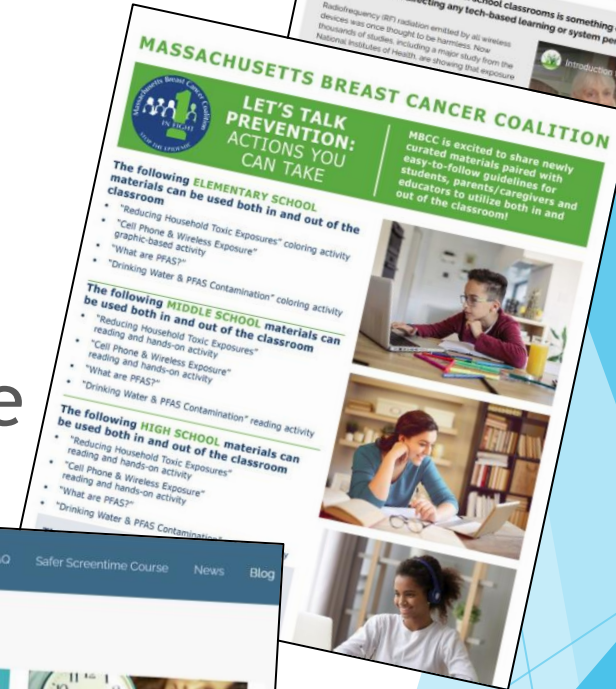
School Actions

- ▶ [New York Times](#): Silicon Valley execs banning screens from their children
- ▶ Louisiana law passed [HB548](#) for [school best practices for digital devices](#)!
- ▶ [Maryland](#) first public health agency to recommend hard-wiring in schools, see [fact sheet](#)
- ▶ [Netherlands](#), Finland, Sweden and others removing technology
- ▶ Many [banning cell phones](#) around the world
- ▶ [LAUSD letter](#) to also reduce radiation levels



School Solutions

- ▶ TechSafe Schools national program
- ▶ K-12 Curriculum
- ▶ Professional Development
- ▶ Safer Screenshot's on-line training course



Next Steps

Continue learning

- ▶ Upcoming webinars
- ▶ The Social Dilemma documentary
- ▶ Award-winning film Generation Zapped
- ▶ EMF Points of Confusion vs. Facts



EMF Points of Confusion vs. Fact	
Many are surprised to learn the electromagnetic fields (EMF) emitted by wireless technology are biologically hazardous, and one often gets a jolt back when they open the conversation. This fact sheet provides information to help sort fact from disinformation and identifies solutions for safer technology use. For those reading this in print format, please see https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact for an electronic copy to investigate the links below.	
Point of Confusion	FACT
The FCC says we're safe.	The Federal Communications Commission's 1996 guidelines are outdated. The FCC ignored scientific evidence of harm and was sued for not enforcing its guidelines. The FCC is a captured agency and has yet to respond to the court order. See https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact for more information. The FCC is a captured agency and has yet to respond to the court order. See https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact for more information. The FCC is a captured agency and has yet to respond to the court order. See https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact for more information.
The manufacturers make it look like all we do is the way to go.	Most consumers, and even many who work in the industry, are unaware of the manufacturers' https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact that exposure may exceed even the FCC's outdated non-protective guidelines. Additionally, science indicates we should have invoked the https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact decades ago when evidence of harm was first found, and not exposed the public until proven safe. We have not done this in the U.S. but https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact documenting conflicts of interest, science, harm and 25 recommendations for responsibly deploying technology.
There are studies showing no evidence of harm.	No evidence of harm is not the same as safe. This technology was brought to market with no safety testing and a safe level of microwave radiation has never been established. The telecommunications industry produces its own scientific studies designed to show no evidence of harm. This creates doubt among consumers so they will continue to purchase wireless products. Dr. Henry Lai provides insight https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact . The U.S. National Institute of Health found clear evidence of cancer, as did a large https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact study at the Ramapo Institute. https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact documented their findings of harm too.
There are not many studies done on cell.	There didn't used to be, but there are now. See the 2018 https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact by Dr. Martin Pall. Cell phones came first so that is why the majority of studies, which can take years to complete, use cell phones. However, what cell phone studies reveal is that the biologically hazardous microwave segment of https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact is the most dangerous. We have https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact showing microwave is hazardous to all biological species—humans, plants, animals, and insects—including the https://www.mass.gov/info-details/emf-points-of-confusion-vs-fact needed to grow our food.

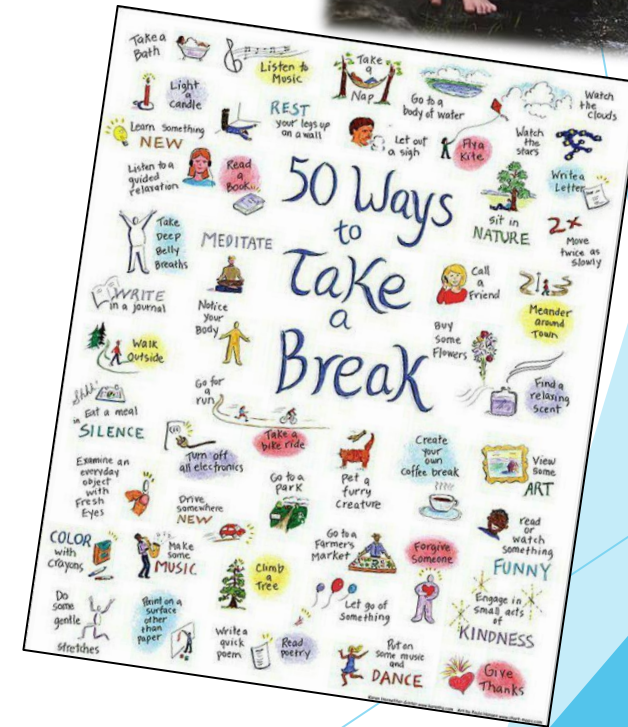
For Today

- ▶ CDC, European Parliament's [ALARA Principle](#): As Low As Reasonably Achievable
- ▶ Reduce screentime & radiation exposures
 - ▶ Notice tech habits & what is radiating
 - ▶ Start with **baby steps**
 - ▶ Create a [sleep sanctuary](#)
 - ▶ Plug in Ethernet cables and adapters
 - ▶ Choose airplane mode **ON**
 - ▶ Bluetooth & Wi-Fi **OFF**



Courage to Try a Tech Sabbath?

- ▶ Thank you to Mary Anne Tierney, RN, MPH, EMRS, [SafeTechNC](#)
- ▶ Engage loved ones
- ▶ Let them know why you're unplugging
- ▶ Brainstorm together
- ▶ Let them pick a hike, game, craft projects, etc.
- ▶ Plan something yummy to eat



Prepare to Unplug

- ▶ Make a “Sabbath Box”
- ▶ Confirm plans
- ▶ Let close family know
- ▶ Write down contacts
- ▶ Get directions
- ▶ Check out menus
- ▶ Gather art, craft, journaling supplies
- ▶ Take books out of library
- ▶ Cook something easy to heat up the next day



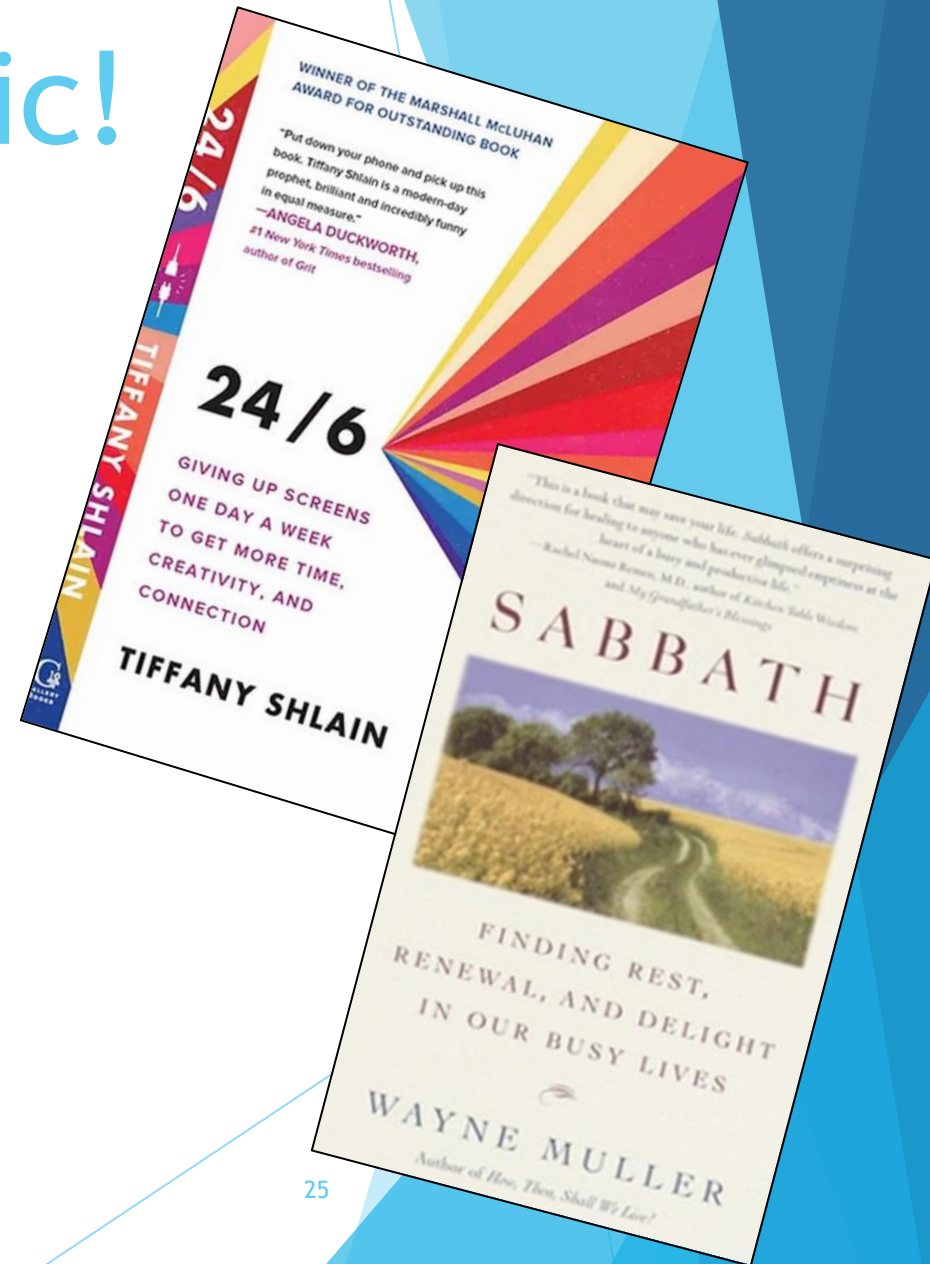
Unplugged & Unapologetic!

“You need to approach this as a blackout period, with unwavering belief in its benefit and a commitment to see it through.

The key is to be unapologetic rather than aspirational about unplugging.

There is nothing, with the exception of a life-and-death situation, that would cause me to compromise that time. As far as business and my income are concerned, they can wait.”

- Roy Hessell, CEO, EyeBuyDirect.com



Additional Practical Resources

- ▶ [Less Screen More Green](#)
- ▶ [Environmental Health Trust](#)
science, fact sheets & posters
- ▶ [Phone Free Schools Movement](#)
- ▶ [Screen Strong](#)
- ▶ [Building Biology Institute](#)
- ▶ [LessEMF.com](#)
- ▶ [Safe Living Technologies](#)



Thank You!

- ▶ [Massachusetts for Safe Technology](#)
- ▶ [Free Monthly Webinars](#)
- ▶ MA4SafeTech@gmail.com
- ▶ [SafeTech4Schools](#)
- ▶ [SaferScreentime.org](#)
 - ▶ Train family, work & schools
 - ▶ Quick, @ hour
 - ▶ Handy tip sheet
 - ▶ Certificate of completion



Questions?

