



# Wireless Technology Risks & Safer Solutions

Cece Doucette, Director, Massachusetts for Safe Technology

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# Cece Doucette, MTPW



- ▶ Helped Ashland, MA become first-in-nation with [Best Practices for Mobile Devices](#), 2014
- ▶ Introduced [legislation](#) in MA & testified in NH
- ▶ Co-founder, [Wireless Education](#), educational non-profit
- ▶ Co-founder, [Massachusetts for Safe Technology](#)
- ▶ [Co-Chair, Technology Panel, Health in Buildings Roundtable Conference @ NIH](#)
- ▶ Speaker: EMF Medical Conference [2021](#)

## **Best Practices for Mobile Devices**

- ❖ Turn off the device when not in use.
- ❖ Turn wifi on only when needed.
- ❖ Always place the mobile device on a solid surface.
- ❖ Viewing distance should be a minimum of 12 inches from the screen.
- ❖ Specific product information guides are available by request through the IT Department.



# The Legal Fine Print

## ▶ See the Fine Print

### ▶ Settings

#### ▶ General

#### ▶ (About)

#### ▶ Legal & Regulatory

#### ▶ RF Exposure

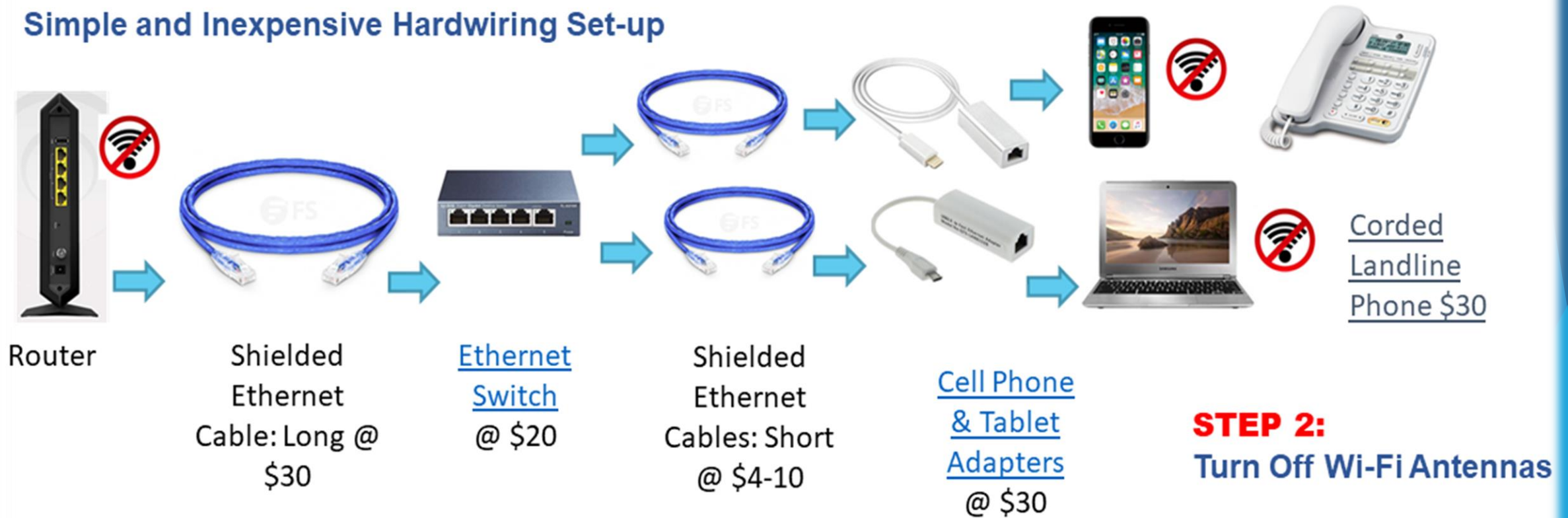
## ▶ Ashland & Newton library Acoustimeter Pittsfield, MA Safe & Sound Pro II



# What Safe Technology Looks Like

## STEP 1:

### Simple and Inexpensive Hardwiring Set-up



**STEP 2:**  
Turn Off Wi-Fi Antennas

**STEP 3:** Measure

# Social Norm Change

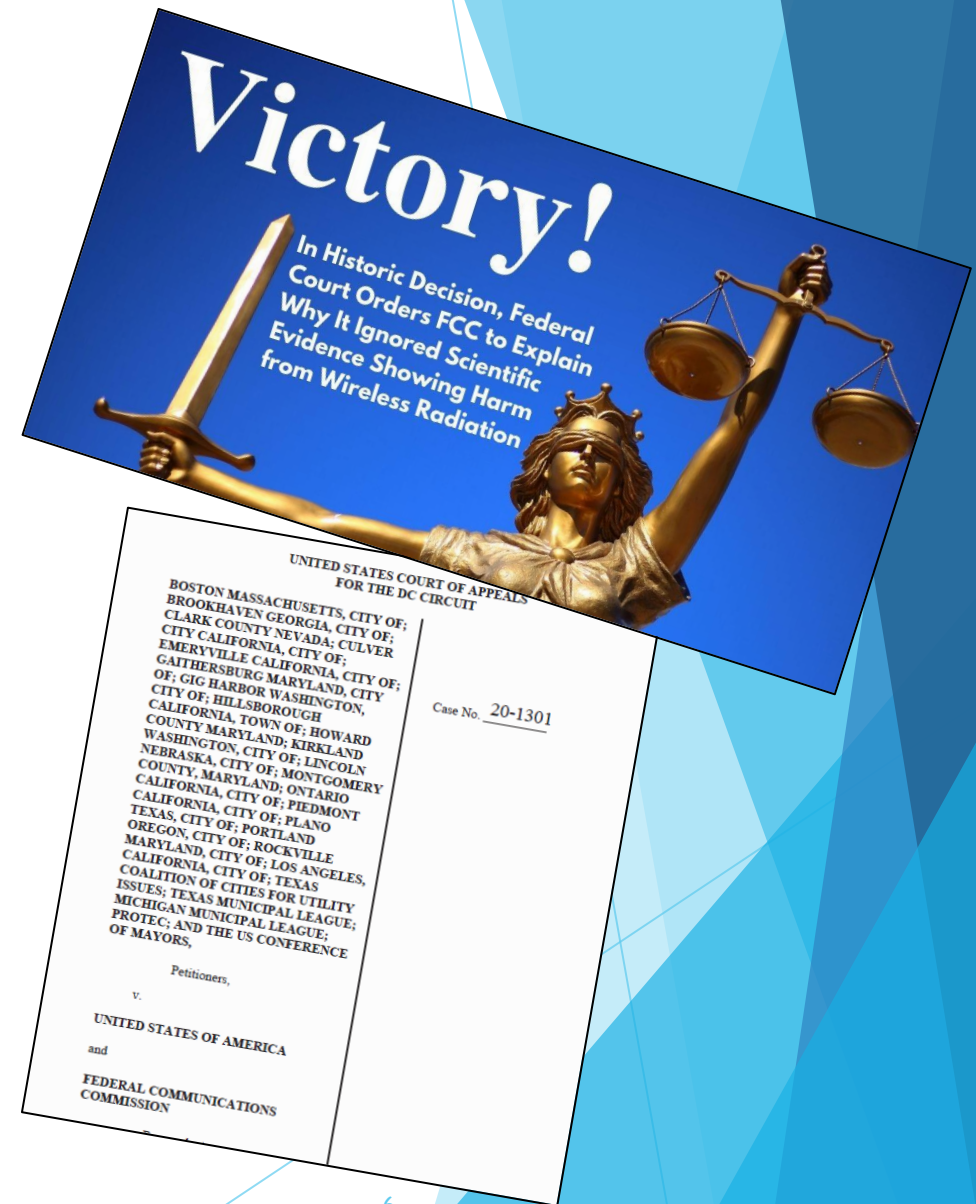
- ▶ Martin Luther King, Jr.
  - ▶ Public engages
  - ▶ Courts rule
  - ▶ Public policy enacted





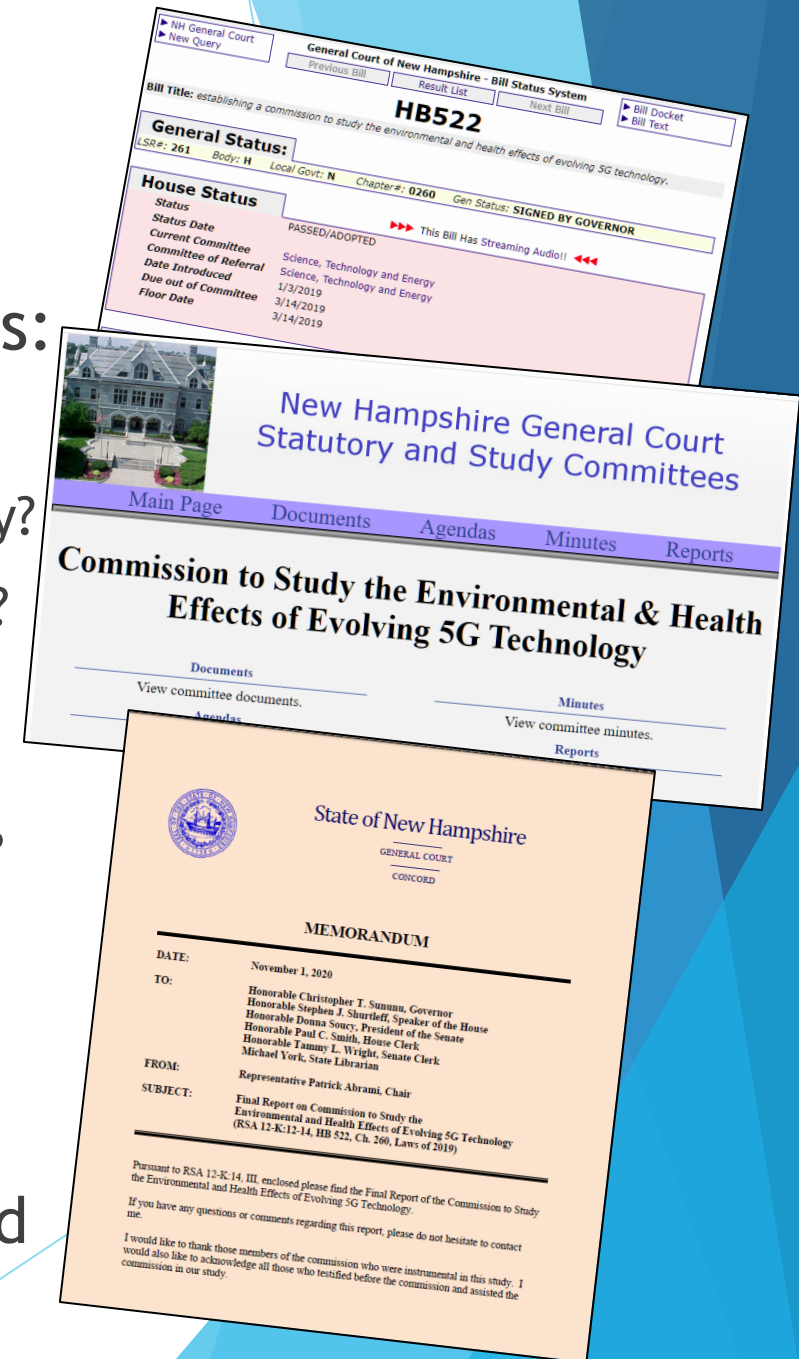
# Legal Solutions

- ▶ Fay School ADA: Court recognizes non-thermal biological effects for the first time
- ▶ LAUSD EMS teacher: California Appellate Court holds that Wi-Fi sickness is a disability
- ▶ FCC Sued:
  - ▶ Environmental Health Trust
  - ▶ Murray v. Motorola
- ▶ Many other lawsuits



# Leading Policy Solutions

- ▶ NH Rep. Patrick Abrami -- very pointed questions:
  - ▶ Why has the insurance industry put in RF exclusions?
  - ▶ Why does legal fine print say keep distance from the body?
  - ▶ Why are 1,000s of peer-reviewed studies ignored by FCC?
  - ▶ Why do FCC exposure limits not account for the non-thermal, non-ionizing, biological effects?
  - ▶ Why are US limits 100 times higher than other countries?
  - ▶ Why is the cumulative effect of increasing EMFs ignored?
- ▶ [New Hampshire 2019 law](#) in less than a year, groundbreaking [Commission Report](#) a year later
- ▶ [Just voted](#) to introduce right-to-know legislation and municipal guidelines



# Public Taking Action

- ▶ No cavalry coming
- ▶ 150+ national groups
- ▶ Pennsylvania
  - ▶ Lancaster - Hempfield Citizens for Safe Schools
  - ▶ Reading - Pennsylvanians for Safe Technology





# School Resources

- ▶ [New York Times](#): Silicon Valley execs banning screens from their children
- ▶ [TechSafe Schools national program! Teacher Unions](#)
- ▶ Wireless Education's [Schools & Families](#) on-line course, compliance tracking certificate
- ▶ [Maryland](#) first public health agency to recommend hard-wiring in schools
- ▶ U.S. Collaborative for High Performance Schools [low-EMF best practices](#)
- ▶ [Cyprus safety recommendations](#) for study at home



# School Curriculum

- ▶ [Environmental Health Trust & Massachusetts Breast Cancer Coalition](#)
- ▶ Cell Phones, Wireless, and Your Health
  - ▶ Teacher guide, student guide, fact Sheet
  - ▶ Elementary, middle & high school
- ▶ [Environmental Health Trust classroom](#), [printable](#) and [infographic](#) resources

**MASSACHUSETTS BREAST CANCER COALITION**

**LET'S TALK PREVENTION: ACTIONS YOU CAN TAKE**

MBCC is excited to share newly curated materials paired with easy-to-follow guidelines for students, parents/caregivers and educators to utilize both in and out of the classroom!

The following **ELEMENTARY SCHOOL** materials can be used both in and out of the classroom

- "Reducing Household Toxic Exposures" coloring activity
- "Cell Phone & Wireless Exposure" graphic-based activity
- "Drinking Water & PFAS Contamination" coloring activity
- "What is PFAS?"

The following **MIDDLE SCHOOL** materials can be used both in and out of the classroom

- "Reducing Household Toxic Exposures" reading and hands-on activity
- "Cell Phone & Wireless Exposure" reading and hands-on activity
- "Drinking Water & PFAS Contamination" reading activity
- "What is PFAS?"

The following **HIGH SCHOOL** materials can be used both in and out of the classroom

- "Reducing Household Toxic Exposures" reading and hands-on activity
- "Cell Phone & Wireless Exposure" reading and hands-on activity
- "Drinking Water & PFAS Contamination" reading activity
- "What is PFAS?"

The following materials are recommended

**What Parents Need To Know About Safe Technology**

Parents should not panic over the latest research, but they should be a part of the conversation with their children about safe technology use. The American Academy of Pediatrics offers the following advice to help parents and children reduce exposure to electromagnetic fields (EMF).

Check for an electromagnetic field (EMF) meter. The American Academy of Pediatrics offers the following advice to help parents and children reduce exposure to electromagnetic fields (EMF).

**BE SUPER-SMART REDUCE WIRELESS**

Simple steps to practice safe tech.

- TURN IT OFF WHEN NOT IN USE.** Avoid unnecessary radiation by powering off wireless devices, including mobile equipment, and hotspots when not in use. Use at bedtime.
- USE A PLUG-IN ETHERNET CORD.** It is safer than wireless. Whenever possible, connect your laptop, tablet, or computer with an ethernet cord (with Wi-Fi OFF and Bluetooth OFF).
- DISTANCE MATTERS.** Maximize the distance between people and wireless devices.
- HEALTHY SLEEP.** Remove electronics from around your bed. Do not sleep with your cell phone.
- PRE-DOWNLOAD INSTEAD OF STREAMING.** Remember that when you stream, the radiation goes into your body. It is better to pre-download audio and video files and then watch or listen with wireless connections turned off.
- WIRED (NOT WI-FI) & NOT BLUETOOTH!** Use a wired mouse, speakers, printer, game port, keyboard, etc.
- MINIMIZE FACETIME AND SOCIAL MEDIA ON CELL PHONES.** When you use facetime or post images, your phone emits more radiation. Instead, do social media or video chatting on a computer connected to the internet by ethernet cord (with Wi-Fi turned off).

**Checklist for Low-EMF Computer**

**Set-up For Any Computer**

- ✓ Device always on a table. Feet flat on floor. Screen is at— or slightly below—eye level.
- ✓ The "high-five test" if you can't properly hold your mouse against your hand.

**Use Wired, Not Wi-Fi and Not Bluetooth**

Use a corded (not Wi-Fi or Bluetooth) mouse, keyboard, printer, speakers, and other accessories.

Contact devices to your modem using ethernet cord. Check if you need an adapter to connect to the ethernet.

After connecting by ethernet cord, make sure Wi-Fi is OFF on device and modem, and make sure Bluetooth is off on device(s).

Multiple users? Connect a corded ethernet switch to the modem or the ethernet, then you can add more ethernet cords to numerous devices.

**Reduce Blue Light on ALL Screens**

- Blue light blocker covers are readily available for all screens.
- Blue blocking eyeglasses.
- Download software that reduces blue light and filter.

**ENVIRONMENTAL HEALTH TRUST**

# Professional Solutions

## ▶ Health Care Training

- ▶ [EMF Medical Conference](#)
  - ▶ [Letter to Health Practitioners](#)
- ▶ [Physicians for Safe Technology](#)

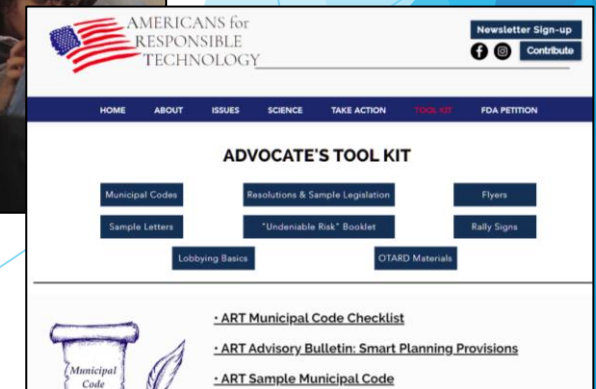
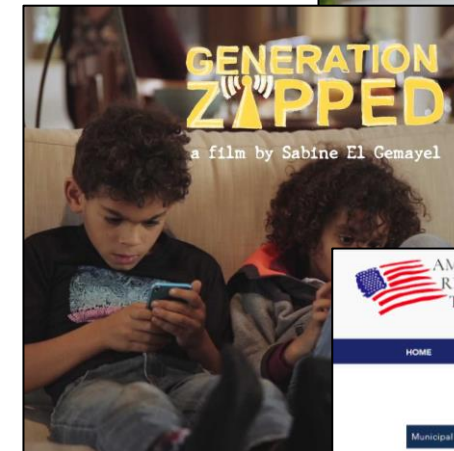


## ▶ Engineers, physicists, technologists, architects, etc.

- ▶ Clegg et al., [Building science and radiofrequency radiation: What makes smart and healthy buildings](#), Building and Environment, 2019
- ▶ Silicon Valley engineer [Jeremy Johnson TEDx Talk](#)
- ▶ See additional info [for engineers and physicists](#)

# Home & Work Solutions

- ▶ [Building Biology Institute](#) consultants
- ▶ Award-winning film [Generation Zapped](#)
- ▶ PBS Burt Wolf [1808](#) & [1809](#)
- ▶ Americans for Responsible Technology [Tool Kit](#)





# Next Steps

- ▶ Continue learning
  - ▶ Free public education sessions monthly
  - ▶ This Friday, October 28, 12 noon
  - ▶ Register: [MA4SafeTech.org/Events](https://MA4SafeTech.org/Events)

**Not Sleeping? Anxious? Depressed?** Who knew -- it could be the radiation from your wireless devices...

ALL ARE WELCOME TO JOIN US FOR A FREE EDUCATIONAL WEBINAR:  
**WIRELESS TECHNOLOGY RISKS & SAFER SOLUTIONS**

**MONDAY, OCTOBER 17, 6 P.M. ET OR FRIDAY, OCTOBER 28, 12 NOON ET**  
Co-HOSTS: NEW HAMPSHIRE FOR SAFE TECHNOLOGY AND CECE DOUCETTE, DIRECTOR OF MASSACHUSETTS FOR SAFE TECHNOLOGY & THE NON-PROFIT WIRELESS EDUCATION

To REGISTER: [MA4SAFE TECH.ORG/EVENTS](https://MA4SafeTech.org/Events) OR EMAIL [NEWHAMPSHIREFORSAFETECHNOLOGY@GMAIL.COM](mailto:NEWHAMPSHIREFORSAFETECHNOLOGY@GMAIL.COM)  
CAN'T ATTEND? REGISTER AND WE WILL SEND YOU THE VIDEO RECORDING

Did you know New Hampshire is the first government in the U.S. to conduct a formal investigation of wireless risks and issue a groundbreaking report of harm along with safer ways to use today's technology?

They discovered **thousands** of peer-reviewed, published studies that link wireless radiation to our growing rates of insomnia, headaches, fatigue, anxiety, depression and more. In the long-term, the U.S. National Toxicology Program has found cell phone radiation causes cancer and DNA damage. It is also a leading cause of our disappearing pollinators.

This invisible radiation is constantly pulsed from all things wireless, unless we learn to use technology safely and responsibly.

Please join us to discuss this timely issue with technology safety educator Cece Doucette. She introduced similar legislation in Massachusetts and helped her schools become the first in the nation to begin safeguarding students and staff from wireless radiation. She is also an invited lecturer at the EMF Medical Conference.

Cece will walk us through the issue, answer questions, and demonstrate radiation emissions from wireless technology. You'll learn with simple strategies you and your loved ones can use TODAY to access technology much more safely. Feel free to invite others.

If this is new to you, consider watching the award-winning film Generation Zapped in advance (Amazon Prime, library subscriptions to Kanopy or Hoopla, or download for a small fee).

IF YOU ARE UNABLE TO ATTEND BUT WOULD LIKE TO JOIN ANOTHER CONVERSATION, OR PERHAPS HOST ONE OF YOUR OWN, PLEASE CONTACT [NEWHAMPSHIREFORSAFETECHNOLOGY@GMAIL.COM](mailto:NEWHAMPSHIREFORSAFETECHNOLOGY@GMAIL.COM). THANK YOU!



# For Today

- ▶ Reduce your exposures
  - ▶ Notice what is radiating
  - ▶ Start with baby steps
    - ▶ Create distance
    - ▶ Choose airplane mode
    - ▶ Use ethernet cables and adapters
    - ▶ Create a sleep sanctuary
- ▶ Be gentle ❤️



# Thank You!

- ▶ [Massachusetts for Safe Technology](#)
- ▶ [MA4SafeTech@gmail.com](mailto:MA4SafeTech@gmail.com)
- ▶ [WirelessEducation.org](http://WirelessEducation.org)

