Cece Doucette,
Technology Safety Educator

Zoom Event, May 2020
Overview: links
➢ Introduction
➢ The Fine Print
➢ Science Update
➢ Solutions
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Learn how to protect the ones you love at
www.wirelesseducation.org
Cece Doucette, MTPW

- Former president, Ashland Education Foundation, MA
  - Brought in wireless technology
  - Discovered biological effects
  - First in the nation to post *Best Practices for Mobile Devices*
The Legal Fine Print

» See the Fine Print

» Settings

» General

» (About)

» Legal & Regulatory

» RF Exposure

» Captured Agency
Science: Long-term Effects

- Infertility
- DNA Damage
- Child & Adult Cancers
- Neurotoxicity
- ADD/ADHD
- Autism
- Alzheimer’s
Electrical Sensitivities
- Insomnia
- Headaches
- Nosebleeds/earbleeds
- Fatigue
- Pain
- Skin abnormalities
- Irregular heartbeats
- Cognitive impairment
- Anger, behavior issues
- Anxiety, depression, suicidal ideation
Science: **Mechanisms of Harm**

- Rouloux Effect
- Melatonin Suppression
  - Sleep
  - Toxins removal
- Voltage-Gated Calcium Channels
  - Peroxynitrite
- Blood-Brain-Barrier
- Cell Growth Acceleration
- Immune System Compromise
Science: Planetary Impact

- Pollinators
- Birds
- Energy consumption
  - Mineral extraction
  - Data warehouses
  - Networks
  - Personal devices
    - Streaming
    - Send/receive
    - Charging
    - Continuous app updates
Safe Tech Solutions: Personal Level

- *All devices off*
- Airplane mode
  - Cellular Off
  - Data Off
  - Wi-Fi Off
  - Bluetooth Off
  - Hotspot Off
- Second-hand radiation: people & pets
Safe Tech Solutions: Personal Level

- Safe technology is easier than we think: hard-wire
  - Router
  - Shielded Ethernet cables
  - Ethernet switch
  - Adapters
Safe Tech Solutions: Personal Level

Router
Shielded Ethernet Cable: Long @ $30
Ethernet Switch @ $20
Shielded Ethernet Cables: Short @ $4-10
Cell Phone & Tablet Adapters @ $30

Corded Landline Phone $30
Safe Tech Solutions: Personal Level

- Turn off antennas in device Settings
- **Measure**
  - Borrow **Acoustimeter**
- Professional Help: **Building Biologists**
Safe Tech Solutions: Physical & Mental Health

- Avoid excessive screen time
- Set limits for yourself and children
- Model good behavior
- 50 Ways to Take a Break
- The Earth Prescription
Safe Tech Solutions: Your Health Care Team

- **EMF Conference videos** for health care providers, [2021 Conference](#)

- Recommendations by child psychiatrist & psychologist
  - Dr. Victoria Dunkley, MD
    - [Reset Your Child’s Brain](#)
  - Dr. Catherine Steiner-Adair, Ph.D.
    - [The Big Disconnect](#)
Safe Tech Solutions: Schools

- Expert panel: *Questioning the Safety of Our Children’s Exposure to Wireless Radiation in School*
- *New York Times*: Silicon Valley execs banning screens from their children
- *Maryland* first public health agency to recommend hard-wiring in schools
- United States Collaborative for High Performance Schools *Low-EMF User Practices*
- Study at home guidelines
Safe Tech Solutions: Municipal Level

- Board of Health: Presentation & Slides
- Burlington, MA Small Cell Policy
- 5GCRISIS.com Tool Kit
- Resources for Municipal Leaders
Safe Tech Solutions: State Policy-Level

- Advancing MA EMF bills, NH & OR
- CA Dept. of Public Health Cell Phone Guidance
- MA DPH fact sheets
  - Boston Globe article
  - State’s Radiation Control website
- MA Department of Elementary & Secondary Education
- MA Department of Public Utilities
- Attorney General’s Office
Safe Tech Solutions: Legal Action

- Irregulators vs. FCC
- Environmental Health Trust vs. FCC
- Children’s Health Defense vs. FCC
- Burlington, MA lawsuit with Verizon
- Centerville Concerned Citizens
- Keene, NH moratorium and legal action
- Much more domestically and internationally
Next Steps: Educate Loved Ones

- **Community Conversation: Wireless Technology Safety**
- **Kanopy or Generation Zapped**
- **Screenagers**
- **Non-profit Wireless Education’s Schools and Families Course & Free Quiz**
Next Steps: Protect Your Community

- Join MA for Safe Technology or other groups
  - Don’t go it alone
  - Stop small cell installations
  - Contact legislators & other state-level authorities

- Educate local public servants
  - Speed, reliability, privacy
  - Energy consumption
  - Legal liability
  - Sustainability
Questions & Answers

» Please use Chat feature
Thank You!

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