



# REDUCING RF EXPOSURE AT SCHOOL



## CREATE DEDICATED ZONES

Smart devices are electronic devices that connect, share, and interact with users as well as other smart devices via WiFi or Bluetooth, thereby constantly emitting radiofrequency (RF) signals. **Encourage your child's school and school board to reduce classroom exposure by declining the use of smart devices** such as smartboards, and by keeping wireless devices such as tablets, laptops, and computers out of classrooms. Instead, create technology-specific rooms, such as computer labs and libraries.

## DISABLE WIFI AND SWITCH TO A WIRED CONNECTION

WiFi routers and the devices that connect them **constantly emit radiofrequency signals back and forth in order to form an active internet connection. They use the air as a medium to transmit RF signals to devices.** Alternatively, using cables enables RF signals to be transmitted via wires rather than the air, thereby significantly reducing exposure and providing faster internet speeds. Urge your child's school and school board to switch from wireless to wired computers and smart boards to reduce unnecessary exposure to RF signals.



## USE AIRPLANE MODE WHENEVER POSSIBLE

RF signals are transmitted to and from cell phones and cell towers whenever you call, text, or use mobile data. **Recommend that your child's school switch all devices to airplane mode** when they are not in use.

## DISTANCE IS KEY

RF exposure from emitters such as WiFi routers, smartphones, and cell towers generally decreases the further you are from the source. Encourage your school and school board to ensure that students are kept at the **maximum the distance away from all routers and devices.**



## LIMIT TIME SPENT ON DEVICES

RF exposure is cumulative, and **children will experience much greater exposure during the course of their lives compared to adults.**

Educate your child to be conscious about when, why, and how long they use smartphones, computers, tablets, etc., and encourage your child's school and school board to limit the time students spend engaging with devices.



## AVOID WIRELESS DEVICES WHEN POSSIBLE

**Wireless headphones, keyboards, mice, and speakers all emit RF radiation close to the body.** Encourage your child's school and school board to opt for wired products instead.

- **Children, particularly the unborn, are more vulnerable to RF radiation** than adults due to the greater susceptibility of their developing nervous systems. Their brain tissue is more conductive (meaning they absorb more radiation than adults), RF penetration is greater relative to head size, and they will have a longer exposure over their lifetime.
- Evidence suggests that **exposure to RF radiation is associated with an increased risk of childhood leukemia, congenital heart disease in infants, behavioral problems in young children, learning and memory reduction in offspring, autism in children and infants, hyperactivity in children, and asthma in offspring.**
- **Headaches, nausea, vomiting, dizziness, sleep problems, heart palpitations, tinnitus** (ringing in the ears), **vertigo, skin rashes, and memory and cognitive problems** are all documented symptoms of a condition known as Electromagnetic Sensitivity (EMS). EMS, a recognized disability, can be described as a heightened sensitivity to radio frequency radiation from sources such as smartphones, WiFi, and cell towers. **According to some estimates, it affects up to 30% of the population.**
- In 2011, the World Health Organization's (WHO) International Agency for Research on Cancer (IARC) **classified wireless radiation as "possibly carcinogenic to humans."** Their decision was based on a study that identified an increased risk of malignant brain cancer (glioma) in those who used cell phones for an average of 30 minutes per day for 10 years.
- Cell phone "safety" tests are performed on a mannequin to test the heating effects of wireless radiation of mobile phones. The test involves filling the mannequin's plastic head with a liquid to determine if it heats up one degree during a 6-minute call. The mannequin is a model of a 100 kg, six-foot tall adult male military recruit — **not representative of the vast majority of the human population, particularly children.**

Learn more at:

[childrenshealthdefense.org/wireless](https://childrenshealthdefense.org/wireless)