



# Protecting Children From Cell Phone Radiation Risks

The American Academy of Pediatrics advises:

- ♥ Distance the cell phone away from your head.
- ♥ Use speaker mode to limit brain exposure.
- ♥ Avoid carrying your phone against your body like in a pocket, sock, or bra. Cell phone manufacturers can't guarantee that the amount of radiation you're absorbing will be at a safe level.
- ♥ Make only short or essential calls on cell phones.
- ♥ If you plan to watch a movie on your device, download it first, then switch to airplane mode while you watch to avoid unnecessary radiation.
- ♥ Keep an eye on your signal strength (i.e. how many bars you have). The weaker your signal, the harder your phone has to work and the more radiation it gives off.
- ♥ Avoid making calls in cars, elevators, trains, and buses. The cell phone works harder (and emits more radiation) to get a signal through metal.
- ♥ Cell phones are not toys or teething items.



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**EHSciences.org**

*Tips from AAP's HealthyChildren.org*

# Children Are Vulnerable to Wireless Radiation

Children absorb **higher levels** of wireless radiation deeper into brain regions critical for memory and learning.

Scientists recommend **reducing exposure** because of growing research linking wireless radiation to cancer, sperm damage, and memory problems. **Safety guidelines are outdated and do not protect against long-term health risks.**

## Best Practices for Technology in Schools Santa Clara County Medical Association

- Educate students and staff on reducing wireless exposure.
- Establish cell phone-free school policies.
- Install hard-wired ethernet instead of Wi-Fi.
- Measure levels of wireless radiation in the classroom.
- Avoid smart meters.
- Restrict cell towers at or near schools.

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**“Keep radio equipment away from the belly of pregnant women and away from the lower abdomen of adolescents.”**

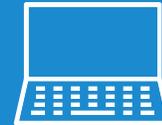
*Cell Phone Instructions, French Government Order, 2019*

*France also bans the sale and advertising of cell phones for young children, restricts school Wi-Fi, and labels phones for radiation exposure.*

## Sources of Exposure



Cell Phone



Laptops & Tablets



Wi-Fi Router



Cordless Phone



“Smart” Speaker



Bluetooth