



Protect Your Child From EMF

Information About EMF:

Mobile phones have been rated a class 2B carcinogen by the World Health Organisation, which means they are “possibly carcinogenic” and could cause cancer. [Source.](#)

The EMF from our phones is regulated but there are many problems with how it is calculated. Using an adult male as standard means children are more at risk. [Source.](#)

A survey of 80,000 mothers found children whose mothers had higher mobile phone use during pregnancy were more likely to have behavioural problems, including hyperactivity. [Source.](#)

The NHS says children should only use mobile phones for essential purposes and keep all calls short. [Source.](#)

Generation Zapped is a documentary about the social and health impacts of EMF on children and young people. Sources of EMF include mobile phones, smart meters, and WiFi networks. [Source.](#)

Exposure to mobile phone radiation can damage teenagers’ memory. [Source.](#)

WiFi networks in schools are being blamed for causing headaches, nosebleeds, cancer and infertility, and teachers are lobbying to return to wired networks. [Source.](#)

A group of school students found WiFi exposure affected the growth of cress in an experiment that sparked interest around the world. [Source.](#)

Further Reading About EMF:

- [Mobile use during pregnancy.](#)
- [Children and electromagnetic radiation.](#)
- [Mobile phone health risks for teenagers.](#)
- [Mobile radiation explained.](#)

What Can You Do To Protect Your Child?

- Keep screen time limited and supervised. This includes playing games on a mobile phone or iPad, as well as watching videos.
- If children or teenagers carry a mobile phone it should be at least six inches from their body. So in a bag rather than a pocket.

- Mobile phones should be kept out of the bedroom at night – even when switched off they still produce and use EMF.
- Find out school policy on WiFi and whether your child's school has a wireless or wired network.
- Be aware of the placement of WiFi routers or signal boosters around your home, and other sources of EMF.
- More EMF is produced when the phone is low on signal, so try to stick to good coverage.
- EMF peaks as the phone connects so it should be held away from the head until the call goes through.
- Teach children and teenagers not to hold the phone directly against their ear – mobile phone manuals and official guidance from the manufacturers says to leave a gap.
- Use proven anti-radiation and EMF shielding products, such as WaveWall mobile phone covers, Airtube headphones, Shield Your Body Baby Blanket or Baby Beanie.

For more information on how to protect yourself and your family from the effects of EMF, follow the WaveWall blog: <https://www.wavewallcases.com/blog/>