



International Children's Declaration

- ✓ **TLW foundation & Internet addiction**
- ✓ Wait until Grade 8
- ✓ No cell phones at schools
- ✓ SASIM, FEDSAS, SATWI & others
- ✓ Association for Digital Well-being and Neuro-education (Launch Feb 2024)



Internet Addiction

- Data covered users in 46 countries
- Users between 16 and 64 years
- Report: January 2023
- Global average
6 hours and 37 minutes
- South Africa:
9 hours 37 minutes



South Africa

- 2020 World Bank data: 70%
- 2023: 43.48 million internet users – 60.14 million population

Penetration of internet: 72,3%

of which 46% use social media

- Internet speed is improving – fibre optic, mobile and 5G!?

Your email address

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South Africans are the biggest internet addicts in the world

Staff Writer 4 March 2023



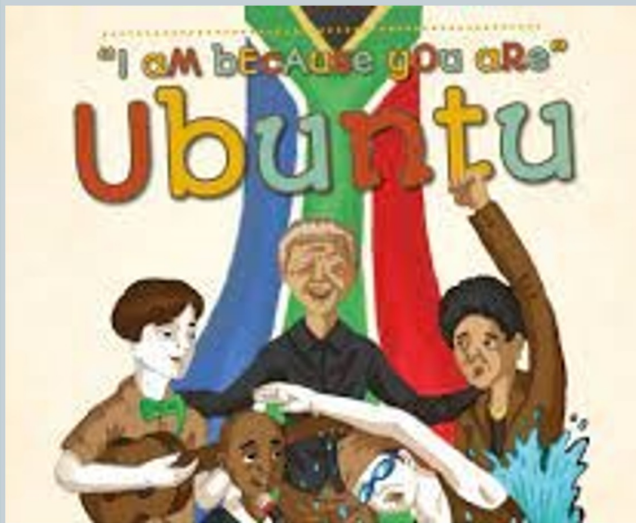
Wait until Grade 8? Say YES! (Challenge: 2022)

UNESCO: No phones/tablets at school
Global Education Monitoring Report (2023)



UBUNTO

SOUTH AFRICAN PHILOSOPHY FROM XHOSA & ZULU LANGUAGES



***"I AM WHAT I AM BECAUSE OF
THOSE AROUND ME."***

“ The wisdom of Ubuntu lies in the recognition that it is not possible to build healthy learning environments unless the human dignity of all members of that learning community is safeguarded.”

- NORRAG Global Education Center



Active Digital Wellness



TechnoLife Wise®
FOUNDATION



Manmade EMFs and humans

- ✓ SASIM presentation: Research - How do EMFs affect red blood cells?
- ✓ Long Covid and blood markers
- ✓ Earthing (www.mindunique.co.za)



Manage EMF radiation: Wi-Fi, cell phones

- Electrosmog meter
- Understand
- Measurements
- Mitigation strategies

- Electrosmart app



WoWe[®] EMF protective products and grounding pad



Organisations and media in South Africa

- SASIM: South African Society for Integrative Medicine (EMFSA)
- FEDSAS: Federation of Associations of Governing Bodies of South African Schools
- SATWI: South African Teacher Well-being Initiative
- ISASA: Independent Schools Association of Southern Africa
- ASCI: Association of Christian Schools of Southern Africa
- Local and national radio, TV, internet, and media interviews
- **February 2023: Launching of Association for Digital Well-being and Neuro-education**



Let us protect and nurture our vulnerable and precious children (and families)

“The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.”

Albert Einstein



Lifechanging tips: Quick wins to thrive!

- **No screens**
 - ✓ in bedrooms
 - ✓ at the table
 - ✓ screens before school
- **Limit screen time** to 1 hour/day – on Fridays, weekends and public holidays (China)
- **Limit blue light** and screen exposure at **least two hours before bedtime**
- Limit time on screens and wireless devices
- Observe your distance from the phone or wireless source – as far as possible
- Use speaker phone
- **Network cables**, less or no **Wi-Fi** - **switch off at night/not use**
- Switch to flight mode or switch phone off at night time
- Electronics, phones, charging stations, screens out of bedrooms as far as possible
- **PLAY barefoot, nature (green time) & sunshine**



Q & A

You're welcome to contact me!

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(ICD)
WoWe® EMF protective products
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Thank you!

