



**Support of the International Declaration
on the
Human Rights of Children
in the Digital Age**

**PRESENTED BY
MARY ANNE TIERNEY, RN, MPH, EMRS
DIRECTOR, SAFETECH NC
CEO, BLUE RIDGE EMF SOLUTIONS**

NC's Annual School Nurses' Conference



We reached 300+ RNs!

99% of RNs agreed that common symptoms of RFR have increased in 5 years since 1-to-1 mobile devices are used in schools.



Webinar for Safer Tech Schools



Natalie Sadler, MD

Welcome to our Webinar:
***Turning Down the Dial on Wireless
Radiation in NC's Schools***

**THE SCIENCE, SYMPTOMS, SOLUTIONS,
AND THE LEGAL IMPERATIVE
TO PROTECT OUR CHILDREN**

SEPTEMBER 26, 2023 SPONSORED BY



Kent Chamberlin, PhD

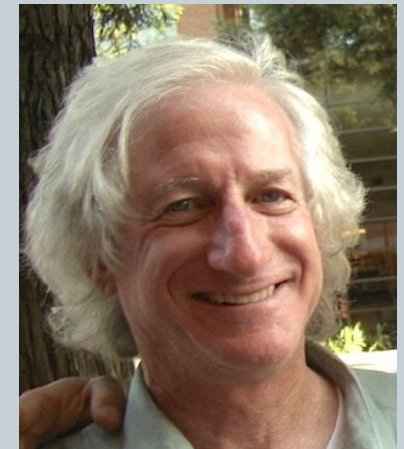


Cindy Russell, MD

Found at SafeTechNC.org



Doug Wood



Julian Gresser

Informal RF findings in 4 NC classrooms reduced power output, 2.45 GHz off, SSID at 3



	Under Wireless Access Point : all in center of room In $\mu\text{W}/\text{m}^2$	Devices powered on?
Classroom 1	191- 286	None Smartboard hardwired
Classroom 2	270	None
Classroom 3	1090	Teacher's laptop on, screen lit No one in room
Classroom 4	326	None; next to # 3

ScreenStrong.org



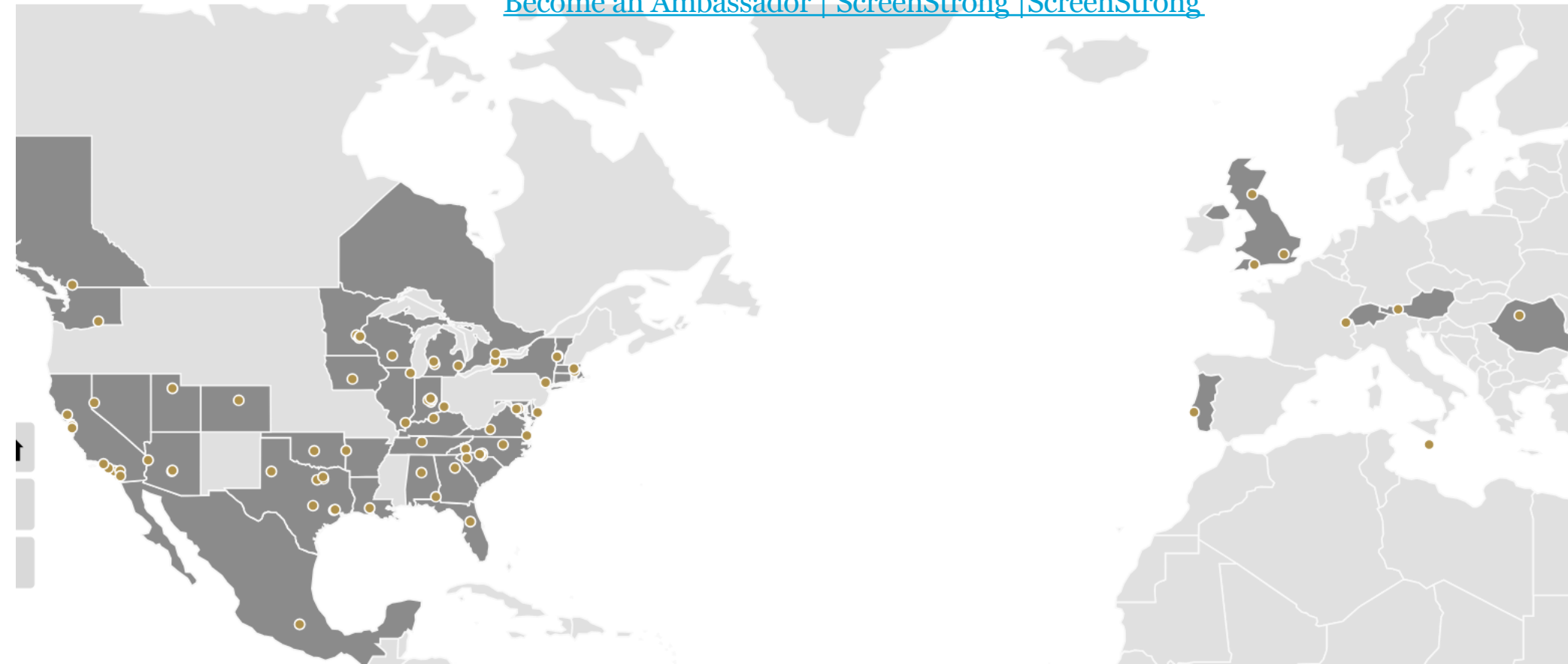
Podcasts, Books, Courses
Ambassadors to Present

ScreenStrong's Presenters around the World



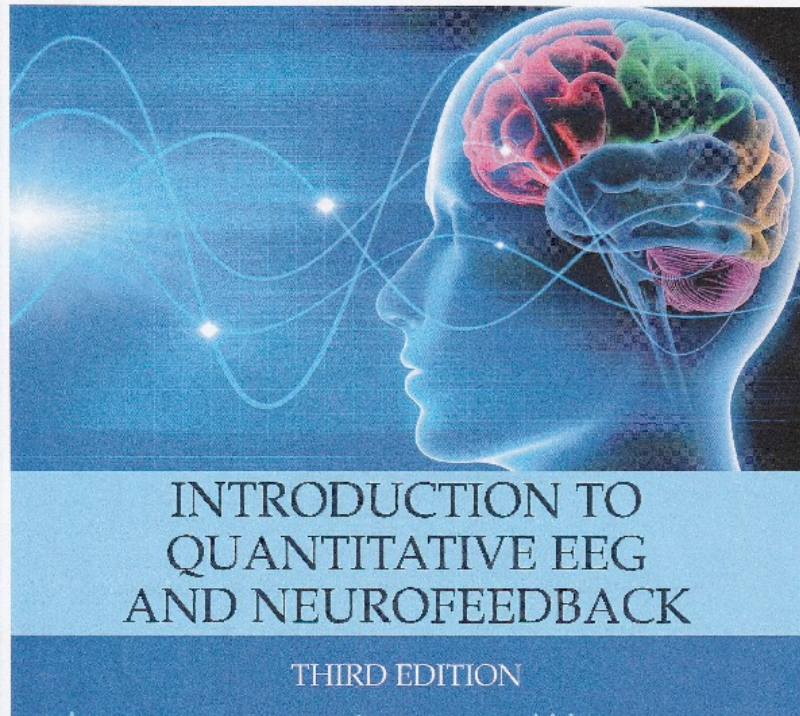
FIND AN AMBASSADOR IN YOUR AREA

[Become an Ambassador](#) | [ScreenStrong](#) | [ScreenStrong](#)



Neurology Medical Textbook Chapter to Share!

by Robert (“Rusty”) Turner, MD



Lifestyle & Environmental Influences on Electroencephalography, Quantitative Electroencephalography, and Neurofeedback

Dr. Turner highlights 4 ways to better brain health:

M.E.D.S.

- **M**ove / exercise daily
- **E**at to improve gut health
- **D**isconnect from screens, blue light and RF/EMF
- **S**leep hygiene

See pages 512 -518

Dr Turner's contact:

NetworkNeurologyHealth.com

Great Holiday Gift to Safeguard Sleep: Quiet, Dark, Battery-Powered Alarm Clock



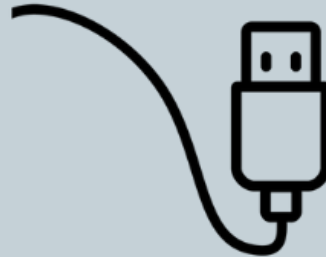
- Critical modeling for kids
- Keep cell phone out of the bedroom – or far away!
- “Do Not Disturb” on phone; enter critical numbers
- Helps avoid habit of “checking” phone at night
- Avoids elevated electric fields and wireless radiation

[Braun battery-powered alarm clock with snooze](#)

Let's shift the Social Norm for Our Kids!



**GLOBAL DAY
OF
UNPLUGGING**

A stylized icon of a USB plug with a curved cord extending to the left, positioned to the left of the word 'UNPLUGGING'.

March 1 – 2, 2024
Sundown to Sundown

Promoted globally to improve mental health & face-to-face connections

Add an event here:

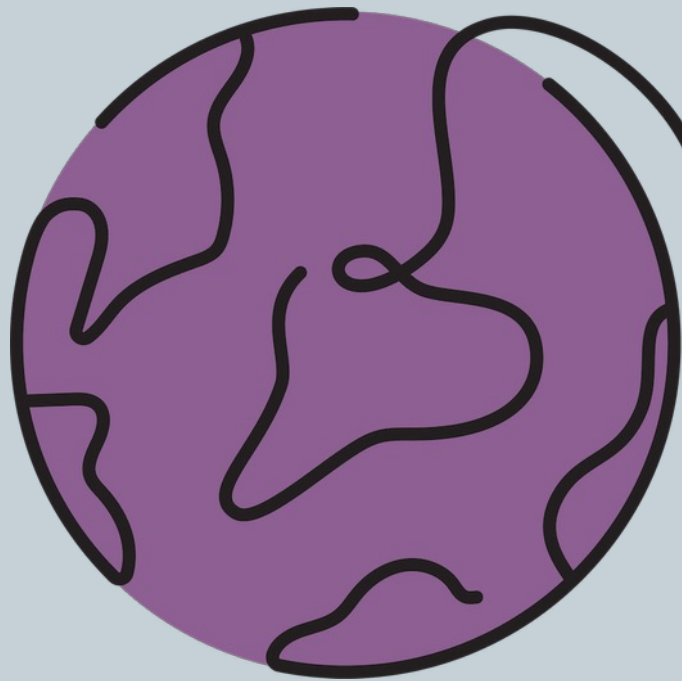
[Unplug Events 2024 – Unplug Collaborative](#)



Celebrating Unplugging at the North Asheville Farmers' Market



Please reach out to organizers to add
“Effects on the Body”



nplug

Collaborative

Home to Global Day of Unplugging®

“What is saving your life?” *You! This Bucket Brigade!*

We don't know how our efforts will affect the next generations after us...but we keep passing the bucket anyway!



Hope

is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.

~ Vaclav Havel



Thank You!



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