

GIBRALTAR'S GAMBLE WITH 5G

The full report is available online at gibraltarmessenger.net

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SECTION 4 – PHE versus The CHALLENGERS

Public Health England (**PHE**) was formerly known as the Health Protection Agency (**HPA**). It advises the UK on health issues, because it is the advisory group for the National Health Service (**NHS**). The Advisory Group on Non-ionising Radiation (**AGNIR**), now Committee on Medical Aspects of Radiation in the Environment (**COMARE**), advises PHE. AGNIR's report is still relevant.

Section 4 Topics Include but are not limited to these subjects –

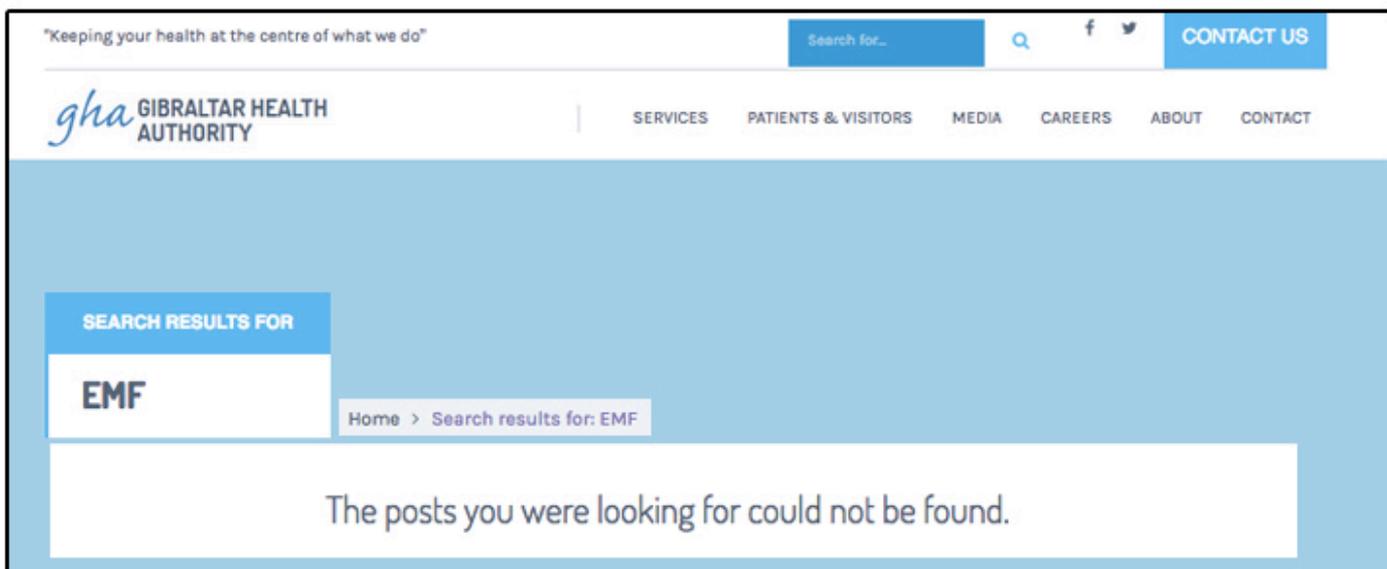
PHE's Opinion
Gibraltar Health Authority

PHE Under Fire:

- 1 Criticisms the guidelines are set too high to provide human protection
- 2 Accusations of inaccurate and misleading reports
- 3 Studies used were not independent
- 4 Evidence of harm being hidden from official advisory bodies
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Public Health England (PHE); Advisory Group on Non-ionising Radiation (AGNIR); Committee on Medical Aspects of Radiation in the Environment (COMARE)

While Gibraltar's Health Authority (GRA) is independent from the Public Health England (PHE), it is worth examining PHE's advice on EMF radiation, for the simple reason GHA offers none.



Because PHE, formally known as the Health Protection Agency (PHA), advises the UK on health issues, it perhaps foreshadows what GHA's advice would be on EMF radiation – that is if the Public Health Authority issued any guidance on [Public Health Gibraltar](#), as it does with other WHO campaigns.



PHE most likely indirectly impacts GHA, because it is an [advisory group](#) to the National Health Service (NHS). GHA delivers healthcare using a healthcare model closely [linked](#) to the UK NHS. Interconnectedness with UK health agencies exists, GHA follows many UK protocols; medical professionals are UK certified; and employees attend UK conferences.

It conducted a mental health audit that The Gibraltar Mental Health Society [called](#) to be published.

Also, as an UK territory, Gibraltar health statistics would be included in certain UK reports. And Gibraltar Health Authority would compare its data with the UK's, as reported in its GHA annual reports.

PHE responsibilities include protecting the nation from public health hazards, improving the health of the whole population, and identifying and preparing for future public health challenges, researching, collecting and analysing data to improve its understanding of public health challenges, and come up with answers to public health problems.

PHE's OPINION:

Independent expert groups in the UK and at international level have examined the accumulated body of research evidence. Their conclusions support the view that health effects are unlikely to occur if exposures are below international guideline levels.

PHE's complete [answer](#) to EMF radiation concerns is given in its report – **Guidance: Mobile phone base stations: radio waves.**

In its cauldron of so-called expert groups, PHE lists out the alphabet-soup elements to its formula:

ICNIRP – PHE’s main advice about radio waves from base stations is that “the guidelines of **ICNIRP** should be adopted for limiting exposures.”

SCENIHR – It has produced several reports, known as ‘opinions’, in which it expressed views broadly in line with those of **PHE, ICNIRP and WHO**. The results of current scientific research show that there are no evident adverse health effects if exposure remains below the levels set by current standards.

WHO – it states that the main conclusion from its reviews is that EMF exposures below the limits recommended in the **ICNIRP** guidelines do not appear to have any known consequence on health.

AGNIR – The Advisory Group on Non-ionising Radiation (**AGNIR**), which advised PHE, concluded in a 2003 report (and maintained in its 2012 update) that exposure levels from living near to base stations are extremely low, and the overall evidence indicates they are unlikely to pose a risk to health; and there is no convincing evidence that RF exposures below guideline levels cause health effects in either adults or children. Note, although the 2012 AGNIR report still applies, Committee on Medical Aspects of Radiation in the Environment (**COMARE**) replaced AGNIR.

The conclusions of other expert groups support the view that health effects are unlikely to occur if exposures are below **ICNIRP**’s internationally agreed guideline levels.

Those agreed-upon guidelines may be accepted; but they do not mean they are protective.

When weighing in all the evidence from truly independent scientists, health effects are likely to occur.

Note PHE inclusion of this paragraph:

With some of the larger and more powerful base stations there can be regions around the antennas within which the guideline levels can be exceeded. Operators identify the extent of any such regions and prevent access to them by the public.

It’s important to stay a safe distance away from antennas. Perhaps, the apes and birds will also get that memo?

Gibraltar Health Authority:

The GHA mission is quite simple – “Keeping your health at the centre of what we do”.



But when it comes to the EMF radiation debate, it’s not that simple.

The sheer number of credible EMF scientists, biological scientists, and medical doctors; and the thousands of independent studies that show harmful effects of EMF radiation exposure at levels below and within INCIPR guidelines need consideration by GHA officials.

The fact that St. Barnard’s Hospital has embraced telecommunications technology by **offering** free WIFI on its premises, instead of establishing precautionary practices speaks volumes to which side GHA is on. GHA is sending an assuring message “that WIFI must be safe”.



Environmental Safety Gibraltar raised its concerns, reporting it had worked with the GOG to apply the Precautionary Principle to schools and hospitals, and cell towers are kept 100 meters away from them.



**ESG Press Release
“Free Hospital Wi-Fi”
February 2016**

The ESG would like to state its concerns based on the article, entitled “**Coming Soon: Free Hospital Wi-Fi**” which was published by Gibraltar Chronicle, on Thursday 11th February.

The ESG has worked closely with HM GoG and private entities on the siting of mobile phone masts antennae with reasonable satisfaction. Mutual consensus was achieved in maintaining an acceptable transmission distance, between antennae and schools, and also hospitals. Wi-Fi routers and access points also radiate microwaves, but with substantially lower power. The proximity which people get to Wi-Fi antennae and the length of exposure time is of concern; it is a question of ‘dosimetry’ i.e. the radiation dose received by the human body.

There are countries that have done the opposite, by [setting](#) stricter standards for hospitals.

Duty of Care:

The appropriate side shouldn’t be based on economic reasons, but for health reasons – following a medical code of ethics and upholding a Duty of Care.

A duty of care is a legal obligation which to adhere to a standard of reasonable care while performing any acts that could foreseeably harm others. Duty of care may be considered a formalisation of the social contract, the implicit responsibilities held by individuals towards others within society.

Prevention Rather Than Cure:

One of GHA key objectives is Prevention rather than cure.

If preventing the amount of WIFI exposure, helps prevent illness, why jump the gun and offer free WIFI in a medical facility, when both camps agree there is a gap in knowledge and report **more extensive research is needed?**

Perhaps, the accusation that the health industry is just *big business* is true. After all, as illnesses increase so do facilities and jobs to support them – look at all the new upgrades in Gibraltar – to address all these medical “phenomena” – which many are illnesses that plague Western technological societies.

Opinion versus Fact:

The guidelines offered by the NGOs are based on opinions from scientific literature. It is very easy to manipulate findings by selection criteria, selection of articles, clever-wording, spinning facts, misleading statements, omissions and appointing certain experts.

From the criticism that experts in the NGOs have gotten from essentially their peers in the second group, it would be prudent to look at both sides.

And while technical advances can help the medical field, could that come at a cost of just perpetuating the cycle.

PHE UNDER FIRE:

As one would expect by now, PHE has also come under fire:

The **FIRST EXAMPLE** of PHE being under fire reveals how it protects industry, not people.

Exposure Limits Are Too High:

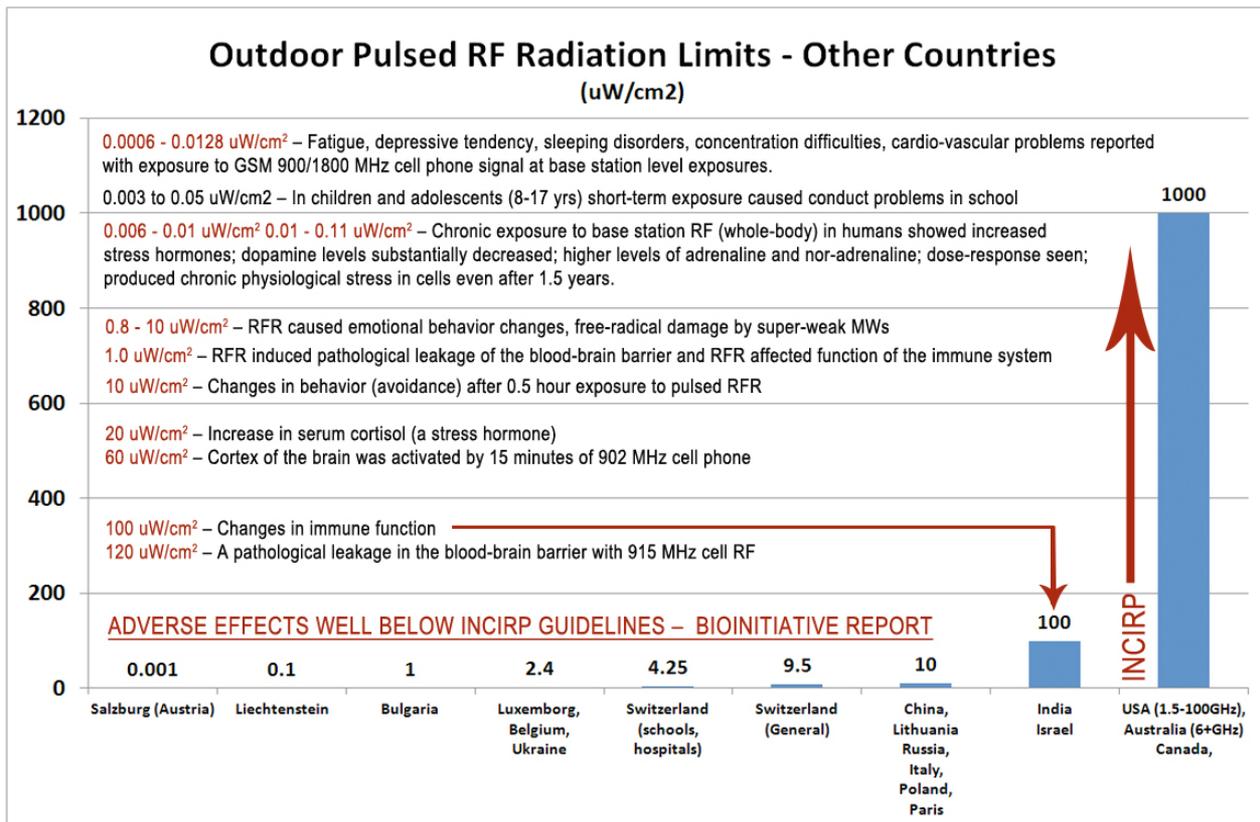
The [article](#) – *How ICNIRP, AGNIR, PHE and a 30 year old political decision created and then covered up a global public health scandal* – criticizes the thermal-only paradigm, which really gives **industry carte blanche to expose the public to extremely high limits.**

Once this paradigm is also accepted by government and other bodies such as Public Health England, then the burden falls on those subjected to such now completely unregulated sources of radiation to prove that far lower levels of exposure are indeed harmful, whereas conversely, there is no burden on the industry to irrefutably demonstrate that such exposures are completely and utterly safe.

The article gives an easy-to-understand explanation of some exposure limits. It also discloses some shenanigans involved in the **AGNIR 2012 report** – it dismissed scientific health studies that did not suit its purposes; claimed a cut-off date for studies presenting unwanted conclusions; yet allowed studies after that date, as long as they provided the “right” conclusions.

Note: The HPA (now PHE) [welcomed](#) the 2012 AGNIR report on the health effects from radiofrequency electromagnetic fields:

AGNIR’s main conclusion is that, although a substantial amount of research has been conducted in this area, there is no convincing evidence that RF field exposures below guideline levels cause health effects in adults or children. These *guideline levels* are those of the **International Commission on Non-Ionizing Radiation Protection**, which already form the basis of public health protection in the UK and in many other countries.



For a complete list of the BioInitiative Report’s Adverse Effects, See the [Colored Charts](#).

The **SECOND EXAMPLE** comes from Dr. Sarah Starkey – who accused PHE’s advisory group AGNIR of inaccurately reporting scientific literature.

Inaccurate, Misleading Report:

In her report, **Inaccurate official assessment of radiofrequency safety by the Advisory Group on Non-ionising Radiation**, Starkey writes that **AGNIR’s** review describes incorrect and misleading statements from within the report, has omissions, and conflict of interest that make it unsuitable for health risk assessment.

She lists out the techniques they use to give the impression that there were no effects below ICNIRP guidelines

Its **executive summary** and **overall conclusions** did not accurately reflect the scientific evidence available. She called for independence from ICNIRP, stating that organisations and individuals require accurate information about the safety of RF electromagnetic signals if they are to be able to fulfill their safeguarding responsibilities and protect those for whom they have legal responsibility.

Please read her report or watch her informative **presentation** (27:56 min) about her assessment.



She reported the evidence did demonstrate adverse effects below the guidelines.

Examples given showed:

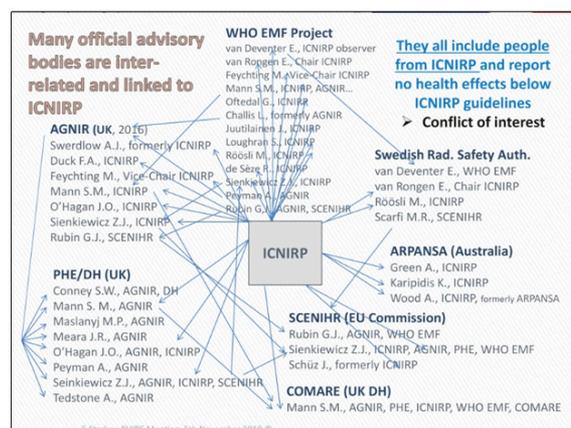
- 97% studies** – effects on protein or cell membranes
- 80% studies** – loss of cells in brain from prenatal or neonatal exposures
- 79% studies** – increase in the damaging condition of oxidative stress

While the BioInitiative **Report** is a good counter to ICNIRP’s official report; Dr. Pall’s **report** is a good counter to SCENHIR’s report. Pall’s report would be particularly useful for those in the medical industry. Dr. Sarah Starkey’s **report** is a good counter for the PHE/AGNIR report. Please share the report with those in the medical fields, including health administrators.

Techniques used in report to give the impression that there were no effects below ICNIRP guidelines

- Only include a few studies on each aspect in each section, it looks as though there isn’t much evidence – as happened for male fertility.
- If a lot of studies describe adverse effects, only include a few in the report and do not mention the subject in the conclusions (people probably won’t notice) – as happened for oxidative stress.
- Ignore results from exposures to real devices and dismiss any that haven’t described the dosimetry (calculated estimates of RF exposures in tissues) in exactly the right way – as happened for male fertility.
- Emphasise where results are not identical – you can say that they are ‘not consistent’ and cast doubt on the evidence, even if the methodologies were different – this happened for the brain, nervous system, auditory function and fertility.
- You can strengthen the case for ‘no effects’ by stating that a well conducted study found no effect, implying others were not well conducted, even if it is not true. E.g., “One well-conducted study reported no effects on testicular function in rats exposed to 848 MHz CDMA signals.” Readers might not notice that 78% studies found effects.
- Where all or most studies report effects, say that it isn’t yet enough to make a conclusion or it isn’t ‘convincing’ – as happened for human male fertility studies.
- Explain why you think studies might be flawed and then take a massive leap and conclude that there is no evidence at all – people probably won’t notice that you have pretended that that evidence has disappeared – as happened for male fertility.

S Starkey, PHIRE Meeting, 5th November 2018 ©



Studies are not independent:

The graphic she presented illustrates there is great interdependence; and how **all roads lead to ICNIRP**.

The evidence of harm from wireless technologies has been hidden by UK official advisory bodies.

The current exposures are not protective of health.

Maladministration:

She also claimed that PHE are withholding information in that the IARC classification of radiofrequency fields as a possible human carcinogen (2B) was not mentioned in the AGNIR 2012 report; and PHE has removed this classification from its website, which is “maladministration.”

Health Versus Economics:

Starkey asks another big question –

How do we challenge and correct incorrect/inaccurate official advice when it is economically advantageous and needed, supported, and protected by governments and industry?

Also noted by her was the UN protects its internal agency – the International Telecommunications Union (ITU), which has memberships from 193 countries and almost 800 private-sector entities and academic institutions. **Groups, like the EMF Project, have been set up to protect them because they are good for economic growth.**

How much is the Government of Gibraltar going to make off the auctioning off the new spectrum?

An organization cannot protect human rights whilst also actively protecting an industry – which produces something which damages life.

The UK Government is not independent. It recently made more than £1.3 billion from auctioning off partial licences for the next generation of communications, 5G, and it made £22.5 billion from 3G licences. They are promoting wireless ‘smart’ meters, ‘smart cities’ and the internet of things. **Do not expect them to admit easily that there are any risks at all.** Safety has and is being ignored both in product design and by politicians and decision makers. We are teaching science in schools, but appear to stop valuing scientific information when it becomes inconvenient.

Source: [Technology and Education: How Safe Are Our Children?](#)



Starkey’s Background:

For over a decade, Dr. Sarah Starkey has been studying the scientific evidence for possible biological effects of wireless technologies. She holds a Master’s degree in Neuropharmacology from the University of Bristol (where she studied mechanisms underlying learning and memory) and a Neuroscience PhD from Queen Mary’s University in London. She worked in Neuroscience research within the pharmaceutical industry, working on a range of projects, including serotonin and depression, circadian rhythms, the hormone melatonin and epilepsy.

Department of Education:

In featuring Dr. Starkey, it is appropriate to bring in the Department of Education and its responsibility for protecting children.

Dr. Starkey is known for her activism in protection for children, publishing papers on wireless technologies and young people. She is active in providing safety advice for schools, which may interest Gibraltar **Department of Education** officials, teachers, and parents. Please see: [Technology and Education: How safe are our children?](#)

Excerpt from the report:

The Department of Education in England stated (2018), “It is for individual schools to decide whether or not to implement Wi-Fi technology in order to meet their needs... Schools must take reasonable steps to ensure that staff and pupils are not exposed to risks to their health and safety by conducting a risk assessment and, if necessary, putting measures in place to minimise any known risk.

The UK Chief Medical Officers have recommended that children under the age of 16 use mobile phones for essential purposes only. Unfortunately, almost no one knows about this. Children cannot be protected when no one knows about the information.

Schools are responsible and they are expected to carry out a risk assessment before any technologies are introduced and used. She suggested they do an assessment she's developed at www.wirelesriskassessment.org.

The **Gibraltar Department of Education** may find Dr. Starkey's recommendations useful, as she noted its responsibility is to safeguard children. Its responsibility is not to protect the telecommunications industry or inaccurate government reports.

According to *The Epoch Times* [article](#), *Wi-Fi in Schools: Experimenting With the Next Generation*, the vast majority of schools have embraced wireless over wired because it's simpler, cheaper and faster for schools to install. These are commercial grade and students spend up to seven hours a day emerged in electro-smog.

Compared to adults, children are smaller and have small and thinner skulls so the radiation penetrates more easily and gets to larger parts of the brain, Also problematic, children's immune and nervous systems are still developing. Plus, kids cells divide at a faster rate, which increases the risk for mutations that can lead to cancer.

What precautionary measures are in place within Gibraltar schools? With research and awareness campaigns coming out about toddlers and young children, does Gibraltar incorporate precautions at their nurseries and primary schools?

Limit Screen-Time Campaign:

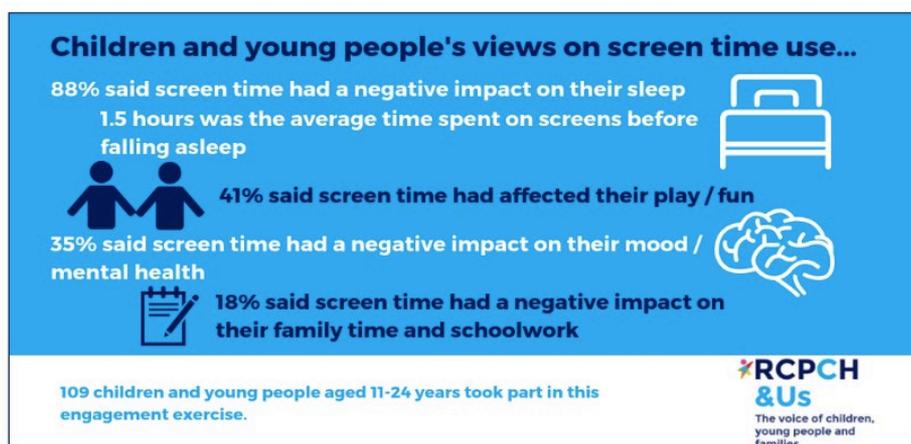
The *limit-screen time* awareness campaign serves two purposes. First, it addresses the psychological and physical health concerns associated with overuse, especially among toddlers. And second, it provides governments and NGOs a back-handed way of telling the public to protect children from EMF radiation without having to come right out and say it, and risk alarming the telecom industries.

Connect that advice with the evidence of EMF radiation being associated with learning disabilities, mental problems, sleep problems and development disorders in children.

Did you pay attention?

First UK guidelines for screen time announced:

In the first ever screen-time guidance published in the UK in January 2019, the Royal College of Paediatrics and Child Health (RCPCH) published [guidelines](#) entitled, "The health impacts of screen time: a guide for clinicians and parents". It was designed to help parents manage children's screen time, suggesting that parents adjust their child's use of screens based on their developmental age and individual needs.



Schools can use wired computers; devices can be connected to the internet via Ethernet connections or fibre optic cables; Wi-Fi is not the only option.

Dr. Starkey's Report would be a good option to hand to educators and administrators:

[Technology and Education: How Safe Are Our Children?](#)

They reported that children and young people spend 2.5 hours on a computer/laptop/tablet; 3 hours on cell phones and 2 hours on watching TV – that's a total of 7.5 hours per day.

While the RCPCH offers advice on limiting time, they seem to know they are on a slippery slope, because if they acknowledged more, or actually did a proper study, they could easily fall into the abyss of having to report the real harm being done.

To say that there is a safe level would be to suggest that below that level there are no negative consequences, whereas above this level there are negative consequences.

NO OFFICIAL GUIDELINES WERE SET.

The government places the responsibility on the parents.

The evidence that time spent on screens is associated with harmful impacts on health and wellbeing amongst children should lead families to ensure that exposure to screens by children and young people is subject to parental control.

Do parents really need a study to tell them that the problems children are having – or the problems that they are having with their children – may be linked to the fact that their children are on their devices way too much? Did they help create that creature they can't control?



2 Esdras 5:8 There shall be a confusion also in many places, and the fire shall often be sent out again, and the wild beasts shall change their places, and child-bearing women shall bring forth monsters (metaphorically):

Screen Time Limits in Gibraltar:

Following the release of the RCPCH guidelines, The Gibraltar Chronicle [issued](#) the news to the Rock.



Parents should avoid letting their children use mobile phones, tablets or computers an hour before bedtime and agree in screen time limits. Experts say that looking at screens can disrupt sleep and impact children's health and wellbeing.

Issuing the first official guidelines on screen time, the Royal College of Paediatrics and Child Health recommended time limits and a curfew, **but said parents need not worry that using the devices is harmful in itself.**

The RCPCH report doesn't claim *parents need not worry* nor that *using the devices is harmful in itself*. Someone down the Public Relations chain must have interpreted this and reported it as such.

The RCPCH actually wrote: We didn't find **consistent** evidence for any specific health or wellbeing benefits of screen time. **Consistent** is a key word in this game. The RCPCH **crafted** its findings using the same key words/phrases as the other NGOs, which means they walk the party-line. Phrasing is extremely key, because it leaves room for people to assume things are safe.

Crafting the wording in a report is as important as selecting the *right* abstracts and reviews to include in it.

Plus, claiming *using the devices is not harmful itself* is actually **misleading**, because all devices come with warnings about limiting radiation exposure. Parents actually should be more aware.

The new trend of studies deal with screen-time, physical activity, and obesity – and sleep. It seems they are creating a body of studies to pull from to support their *screen-time* hypothesis, so that they can advise the public to limit children’s screen time.

It is **ALSO** the EMF radiation exposure that needs to be limited. Plus, do we really need studies to tell us that sitting around on our devices all day is associated with a lack of physical activity and can lead to weight gain? Didn’t *couch potato* studies already tell us this – as if we weren’t aware already? And as far as becoming extremely dependent on technology, have you seen the movie Wall-E?

Do we really need studies to tell us that we have an addiction to our devices, or that taking them to bed is a bad idea? We may see people on their phones in public, but at home, it seems there is another problem some face – **gaming disorder**. Yes, the WHO has now classified it, gaming addiction is a disorder. Talk about over exposure to screen time, wired or not.

People who partake in gaming should be alert to the amount of time they spend on gaming activities, particularly when it is to the exclusion of other daily activities, as well as to any changes in their physical or psychological health and social functioning that could be attributed to their pattern of gaming behaviour.

Now, we have official advice to tell us spending too much time gaming may interfere with our other activities. Most of this is just all common sense and has nothing to do with science. We can probably add on our own too – the more people spend gaming, the more gaming industries make.

While studies are showing ADHD is associated with overuse of devices, what about if a child already has ADHD? According to the **article**, “Mobile games even more harmful for kids with ADHD”, experts warn games like PUBG and Fortnite are having dramatic negative effects on children. **PUBG** and **Fortnite** are operated by the Gibraltar Esports and Video Gaming Association (GEVGA), registered in Gibraltar. Does Gibraltar even care that they profit off activities that clearly harm others?

How’s that for loving each other as Christ loved us?

Plus many games are full of violent scenarios that can easily translate into online bullying; after all, the games already desensitize players.

Tracking Gaming Addiction in the UK

Report Excerpts:

Neurophysiological problems – associated with impaired brain functioning and cognitive control, poor decision-making, lower-visual and auditory functioning.

Psychosocial problems – associated with mental health issues like mood disorders, depression, anxiety, attention deficit hyperactivity disorder (ADHD).

Risk factors – associated with aggression, avoidant, low self-esteem, low emotional intelligence.

There is a collective responsibility to prevent gaming addiction from developing, to raise awareness of possible negative consequences, and to provide treatments for those who need them.

Research Highlights for Children’s Online Gambling: A brief overview of the empirical literature

Report Excerpts:

Money-free gambling (using social networking sites or ‘demo’ modes of real gambling sites) introduces children and adolescents to the principles and excitement of gambling without experiencing the consequences of losing money.

The largest and most robust UK adolescent gambling survey of 8,985 schoolchildren (aged 11-15 years) reported that playing money-free gambling games was the single most important predictor of whether the child had gambled for money, and one of the most important predictors of children’s problem gambling.

These young people will therefore require education and guidance to enable them to cope with the challenges of convenience gambling in all its guises.

The **Gaming Industry** is always put in a good, economic light by the Government of Gibraltar for obvious financial reasons. Its addiction to money often impairs its cognitive reasoning-ability, because Money is not king. Christ is King.

Instead Gibraltar **offers** this advice, *Parents urged to play online video games with children to ease safety concerns. Join in! And, hopefully, don't get addicted.*

*Only in a lunatic asylum, JAH would say about what we humans do on **prison** planet earth.*

Internet Takes Lead Over Television:

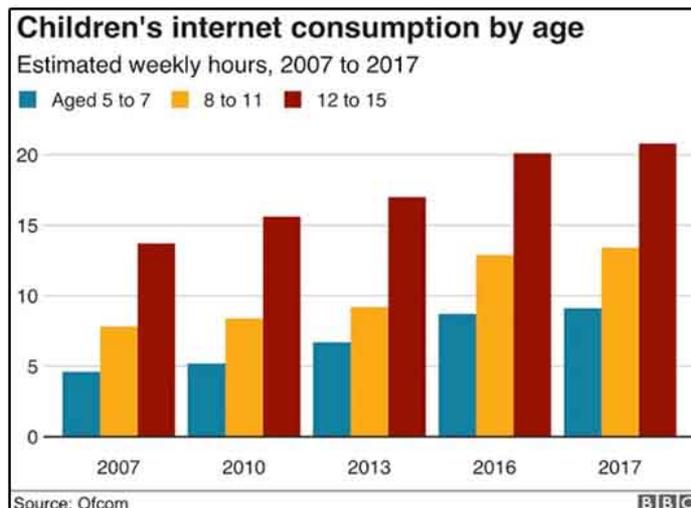
The new studies still focus on television screen time, when that time has been overtaken.

According to Ofcom, the internet [has overtaken](#) television as the top media pastime for the UK's children.

Its report on [Children and Parents: Media Use and Attitudes](#), reveals children's internet use has reached record highs, with youngsters aged 5-15 spending around 15 hours each week online – overtaking time spent watching a TV set for the first time.

Even pre-schoolers, aged 3-4, are spending eight hours and 18 minutes a week online, up an hour and a half from six hours 48 minutes in the last year.

What's missing in these new reports or guidelines? There is no mention of people exceeding EMF radiation exposure limits on their wireless devices. Remember, the exposure limits deal with short-term effect only, usually six minutes or 30 minutes.



Screen Time May Harm Toddlers:

In January 2019 the BBC published [Screen time 'may harm toddlers'](#)

Letting a toddler spend lots of time using screens may delay their development of skills such as language and sociability, according to a large Canadian study.

This article is also in line with an earlier report (January 2015) entitled, [Children spend six hours or more a day on screens](#), where a study done by Childwise reported children spend six hours or more a day on screens; and that they are multi-screening, using more than one device at a time. Children aged 5-16 were spending six hours a day on screens, compared to three hours in 1995.



In September 2018, the [National Health Service reacted](#) to another BBC report about “more sleep and limiting screen time may improve children's mental abilities”:

While the NHS was quick to highlight study flaws, it didn't find controversy with the suggestion that children should have limited screen time, enough sleep and physical activity.

While the study doesn't give us definitive answers about the effects of screen time, it does provide further evidence to suggest that adequate sleep and limited screen time may improve mental function.

These studies – lumping screen time, sleep and physical activity together – probably serve two goals. First, they are warning parents, officials and the public about limiting exposure to youngsters; and secondly they can do it in a way that doesn't alarm the telecom industries.

WHO releases guidelines on screen time for children:

In April 2019, The WHO guidelines say children under 2 should not be exposed to any screen time at all. Older tots aged between 2 and 5 should also be limited to no more than an hour of sedentary screen time each day.

The target audience for this report was made up of policy-makers and employees in the Ministries of Health, Education and Social Welfare, as well as employees in child development services.

WHO reported these [guidelines](#) are consistent with advice from other organizations including the American Academy of Pediatrics, which recommends children younger than 18 months also avoid screens.

Read between the lines.

Studies continue to show children are particularly vulnerable to EMF radiation screen-time exposure.

Most research agrees that although specific screen time limits are dated, there does come a point where excessive device use has negative impacts, affecting sleep, health and mood. –

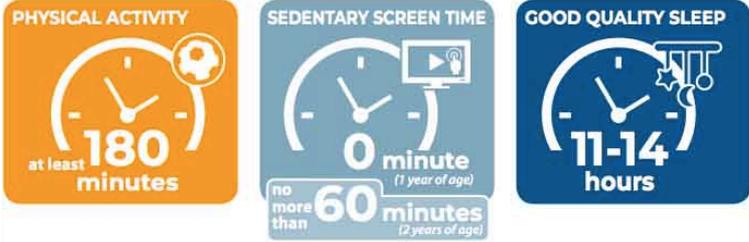
[How much screen time is too much for kids?](#)

children 1–2 years of age should:

Spend at least 180 minutes in a variety of types of physical activities at any intensity, including moderate- to vigorous-intensity physical activity, spread throughout the day; more is better.

Not be restrained for more than 1 hour at a time (e.g., prams/strollers, high chairs, or strapped on a caregiver's back) or sit for extended periods of time. For 1-year-olds, sedentary screen time (such as watching TV or videos, playing computer games) is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.

Have 11–14h of good quality sleep, including naps, with regular sleep and wake-up times.



The infographic consists of three colored boxes with clock icons. The first box is orange and labeled 'PHYSICAL ACTIVITY' with 'at least 180 minutes'. The second box is blue and labeled 'SEDENTARY SCREEN TIME' with 'no more than 60 minutes (2 years of age)'. The third box is dark blue and labeled 'GOOD QUALITY SLEEP' with '11-14 hours'.

According to the article [How to set screen time limits for your children](#), parents and experts became increasingly concerned about the damage being done to children spending too much time *looking at screens*. To address this growing concern about the damage their products do, developers have added features that monitor and stop use, which parents can set on their children’s devices.



According to the article, [Excessive Screen Time for Kids Can Cause Development Delays](#), researchers found greater amount of screen time from ages 2-3 was associated with significantly poorer performance when their development was assessed at ages 3-5. The American Academy of Pediatrics recommends that children 1-2 years old shouldn’t exceed one hour of screen time per day. The study found that children were actually viewing screen for 2-3 hours per day, exceeding that recommendation. **This study was the first to confirm long-term effects.**

According to the article, [How Too Much Screen Time Harms Brain Development](#), researchers at Cincinnati Children’s Hospital Medical Center reported children watching beyond recommended limited amounts could have lasting effects on their health, even harming brain development. According to their study, those with greater screen time had lower *microstructural integrity* of brain white matter, an area **linked with cognitive function and language**.



A Canadian study suggested preschool children spend an average of two hours using screens daily, and those who spent more than that amount had a 7.7-fold higher risk of meeting criteria for attention-deficit hyperactivity disorder (**ADHD**).

Among **18-month-old children**, those who were allowed to view media on mobile devices were more likely to have expressive speech delays, with each additional 30 minutes of viewing time associated with greater odds of a **speech delay**.

Researchers are only beginning to understand the many ways that screen time interferes with human health. Beyond your brain, staring at screens is **damaging for eyesight** and comes with the risks of exposure to electromagnetic fields (**EMFs**), **Wi-Fi radiation**.

Read also:

[Study links high levels of screen time to slower child development](#)

[Screen time “damages brains of kids under 6 – affecting language and reading](#)

Youngsters are Target Audiences:

Again, parents must be more aware. Devices are not the best baby-sitters, although they may be the most convenient. Do your own due diligence. Your child is a target audience for the telecom industry in more ways than you probably realize. They STUDY them for a reason, but it usually boils down to profits. Parents are being caught unawares. NGOs and industries know parents aren't prioritizing the safety of their children and underestimate the risks of the use of technologies by their children.



Source: [Toddlers and Tech Policy Implications for Families and Parenting in the Digital Age](#)

Net Children Go Mobile – The project assumed *the voice and viewpoint of children is crucial to understand online opportunities, risks, and harmful consequences of mobile media use*. They looked at the daily use of the internet by device, age, gender, country and more. The report stated that although smartphones were mobile devices, children preferred to use them at home in the privacy of their own bedrooms. This 2014 report noted children were more likely to have personal smartphones that were not shared with other family members.

It also addressed economic restraints may impact usage restraints. The report seem to suggest that because less affluent families may be restrained to internet access, that free WIFI is offered in schools and public places could help them get access, as featured here with one of the report graphics.

Other concerns addressed in this report deal with social internet, safety, privacy and its recommendations can be linked with the “Safer Internet Day” Awareness campaign.



February, the campaign promotes positive, kind and responsible behavior on the Internet. And the UK Safer Internet Centre provides participants with resources for school learning and community involvement.

If you don't think your child is a market, spend some time reading studies on [Childwise](#), perhaps starting with its [trends report](#).

Or look at reports co-sponsored by the EU:

[Toddlers and Tech Policy Implications for Families and Parenting in the Digital Age](#) (Digitising Early Childhood)

This report recognizes children are a target; but, at least recognizes a responsibility to protect them, even within the context of the EU agenda – **The Digital Agenda for Europe aims to have every European digital.**

The report brings up subjects like security issues, quality content, and legislation.



Safer Internet Day:

Co-funded by the European Commission's Connecting Europe Facility, this [awareness campaign](#) got its start in 2016, under the direction of UK Safer Internet Centre, with its awareness work done by UK charities Childnet and Southwest Grid for Learning (SWGfL).

The goal of the campaign is to educate and raise awareness in children, young people, parents, and professionals about online safety in general. Each

Gibraltar’s Child Protection Committee (CPC) [brought Safer Internet Day](#) to The Rock. Multiple agencies got involved and by 2019, the Royal Gibraltar Police, Youth Service, Childline, Citizens Advice Bureau, Gibraltar Regulatory Authority, and the Department of Education joined in the campaign.

It’s not the only activity that the CPC does to promote internet safety in Gibraltar; and even the RGP promoted its own **Don’t Click... Think** campaign.

In most respects, they are good campaigns, because they address some real issues that COME with the technology, especially with online predators. Youngsters need to be aware that while they enjoy *privacy* the most when it comes to their devices – preferring to use them in their bedrooms (as mentioned in the report above), predators use their “preferences for privacy” for a little privacy of their own, because demons lurk in dark, hidden places – and most of them lead double lives, where their avatars do the dirty work.

By the way, under God’s Law, all pedophiles are executed – no need to house and feed the animals, which turns them into parasites instead.



They also need to be aware they are targets for products and services; and even free apps come with a price, because most things aren’t really free – their information can be gathered and sold to third parties; all in the guise of marketing; yet the amount of

surveillance 5G will afford industries and governments will be unprecedented – even on children with their connected devices – There are real dangers; and some are being overlooked.

In 2019, Neil Costa, Minister of Health, supported the **Safer Internet Day** initiative, noting that the Internet can be used for educational and recreation uses, but safety issues and responsibilities must be addressed. Natalie Tavares, CPC chair, commented that the campaign is excellent for ensuring awareness about the **safety issues** to this rapidly growing arena.

DID YOU KNOW... ENVIRONMENTAL HEALTH TRUST



CHILDREN ABSORB CELL PHONE RADIATION DEEPER INTO THEIR BRAIN THAN ADULTS.

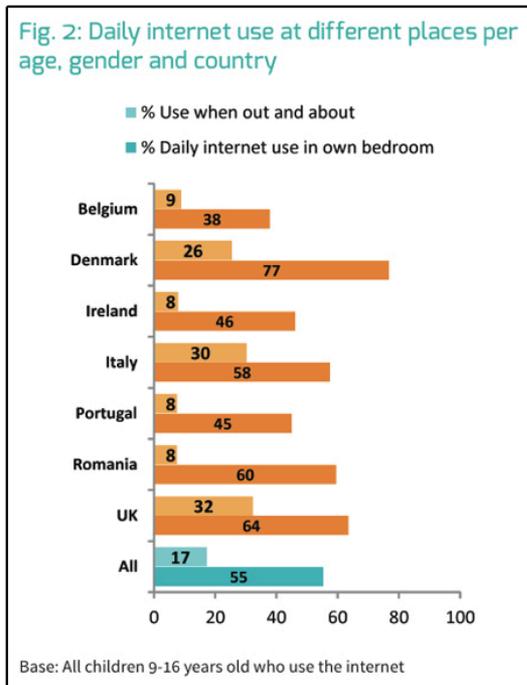
Relative to an adult, children can absorb 2x the amount of microwave radiation into their brain and 10x the amount into the bone marrow of their skull.

EHTrust.org
#PracticeSafeTech

Do youngsters understand what SAR ratings even mean?

Annie Green, chairperson of Childline Gibraltar, said the campaign coincided with **children’s mental health week**, noting its theme was *Healthy: Inside and Out*. She **commented** on teenagers taking their phones to bed, addressing the social pressures. Green mentions computer-generated algorithms that target children, which isn’t a good thing if they are depressed or suicidal. Algorithms can feed them the wrong information. They actually might be overexposed to too much EMF radiation.

Some people may be **devastated** at the emotional and financial consequences of irresponsible Internet activities, but **what about the potential damage caused by EMF radiation** – when the majority of worldwide scientists recognize that there is a problem.



9-16 Year Olds use the Internet in the privacy of their own bedrooms the most.

Source: [Net Children Go Mobile](#)

When it comes to **Safer Internet Day**, where is the concern for **HEALTH IN RELATION TO UNDERSTANDING EMF RADIATION?**

Is everyone in these groups – Royal Gibraltar Police, Youth Service, Childline, Citizens Advice Bureau, Gibraltar Regulatory Authority, and the Department of Education – purposely avoiding the evidence that EMF radiation exposure is directly related to some of the problems associated with what they are trying to address – that lack of sleep is associated with diminished melatonin caused by overexposure; or that the radiation affects has adverse biological effects. See EMF Research: [EMFs + Depression/Suicide](#)

Perhaps the awareness campaign can broaden its scope.

For example, read the article [Screen Time Can Be Dangerous for Kids' Mental & Physical Health](#) where Nicole Beurkens addresses the top issues of her clinic by parents. They are concerned about the amount of time their children are using their devices and the problems associated with it. Beurkens goes further in educating the public about the health harms associated with too much use.

Excerpts:



As both a clinician and a parent, I see firsthand the numerous mental and physical health issues that can happen to children, teens, and young adults when they spend too much time in front of screens, and too little time engaged with the people and activities around them.

Using devices near bedtime increases the likelihood of problems falling asleep (which is where most youngsters prefer to use them).

Kids can quickly become over-stimulated from screen time without realizing it, which leads to worse moods, more anxiety, higher levels of irritability, and poor behavior.

Many research studies have explored the connections between children's use of electronic devices and mental health, and the results are clear: **As use increases, so does the risk of mental health problems including depression, anxiety, ADHD, mood disorders, and suicidality.**

Teens who use electronic devices for more than two hours per day report significantly more mental health symptoms, increased **psychological distress, and more suicidal ideation.**

The more time kids spend looking at screens, the higher the chance of developing various types of eye and vision-related problems.

Kids who are exposed to violent videos games, TV shows, and movies tend to have more aggressive behaviors, poorer perspective-taking abilities, and reduced moral development.



Note: A [study](#) found banning cell phones in schools improved tests scores.

The small core group of scientists, who set the pro-industry guidelines, say there is no convincing evidence that EMF radiation causes harm in their generous limit, **which allows monitoring authorities to record their readings are far below the guidelines.** Yet, the evidence is all around us – that becoming a technocratic nation isn't in our best interest for survival, despite the hoopla about economic gains.

Don't Irradiate Me: Learn How to Protect Me:

Another example of educating the public comes out of Cyprus that does [address](#) the radiation exposure. The Campaign of the Cyprus Committee on Environment and Children's Health, under the Minister of Health, in cooperation with the Cyprus Office of the Commissioner of Environment and the Press and Information Office, and with the participation of the Archbishop Makarios III Hospital, have teamed together to create a campaign which includes large scale signs on public buses with the slogan "Don't Irradiate Me: Learn How to Protect Me" along with [posters](#), [brochures](#), and [videos](#) translated into both Greek and English.

Cyprus also launched a [campaign](#) for teenagers.

Here are a few of its advice tips:

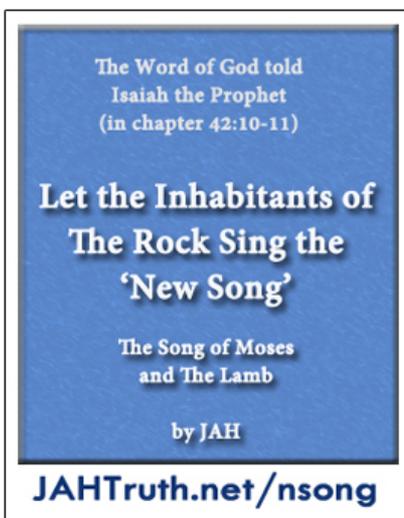
Use wired connections for your devices. Wired technology is more advanced and safe, but wasn't as cost effective. Again, proving the telecom industry values profits over people. Tips of the campaign: Turn the routers off at night and when not in use, especially when children are at home. Prefer a landline telephone whenever possible. Demand that kindergarten and schools use only wired internet connection.

The chances of seeing this kind of campaign in Gibraltar is slim, in that the Gibraltar Government has already decided Gibraltarians are a part of the 5G technical and human trials. It also contradicts the government's stance that WIFI is safe. This doesn't even address the conflicts of interest between the government as the shareholder of Gibtelecom. They are going to [walk](#) the party-line like the rest of the UK.



Education and The Law:

God's Law was to be **SUNG** like a **SONG** and it was to be taught in perpetuity. It is known as **The Song of Moses**:



Now therefore write ye this **SONG** for you, and teach it the children of Israel: put it in their mouths, that this **SONG** (The Covenant) may be a witness for Me against the children of Israel (**Deut. 31:19**). If they do not learn it off by heart so that they can, and do, sing it; and no-one can sing any song unless they know it off by heart. That is why God called it a **SONG** to let you know that you must learn it off by heart. The Sabbath (Saturday) was to be used to teach your children to sing this Song.

Deut. 2:28 Observe and hear all these words which I command thee, that it may go well with thee, and with **thy children after thee for ever**, when thou doest [that which is] good and right in the eyes of the "I AM" thy God.

Deut. 5:29 O that there were such an heart in them, that they would respect Me, and keep ALL My Commandments ALWAYS, that it might be well with them, and **with their children for ever!**

Deut. 6:7 And **thou shalt teach them diligently unto thy children**, and shalt

talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Christ told us that He did not come to destroy God's Law, which He often quoted to fully preach it (**Matt. 5:17-20**). He also gave us His Song.

The Songs of Moses and The Lamb make up the words to the New Song of Revelation.

Rev. 4:3 And they sung as it were a **New Song** before the Throne, and before the four beasts, and the elders: and no man could learn that "Song" except the hundred [and] forty [and] four thousand, which were redeemed from the Earth.

Rev. 15:3 And they sing the "Song of Moses" the servant of God, AND the "Song of the Lamb" (New Covenant), saying, Great and marvellous [are] Thy works, Lord God Almighty; just and true [are] Thy Ways, Thou King of the holy people.

Most people wonder at the purpose of life. Is there a mission or destiny for each of us?

Reconciling the claims of science with those of religion often leaves the rational mind confused.

thewayhomeorfacethefire.net

This little gem of a book is a free PDF