

Child Safety – How have we gotten so far off track in ensuring child health and safety?

Problem Area	Present Status	Proposed Interventions
HOME		
Technology Overuse	<i>Habitual tech overuse</i> – family addictions. <i>Violent content</i> – aggression, video game addiction. <i>Sexual content</i> – porn addiction. <i>Fast paced content</i> – attention deficit. <i>Social media content</i> – anxiety, addiction.	Reduce the use of tech: <ul style="list-style-type: none"> • family meeting; parents start with themselves 1st • create “no tech” sacred times • establish red, yellow, green zones • adhere to Technology Usage Guidelines
Physical Health	<i>Sedentary</i> – obesity, diabetes, stroke, heart attack.	Increase pursuit of healthy activities.
Mental Health	<i>Isolated, detached</i> - depression, anxiety, autism.	Put down tech; pick up/play with kids.
Parenting Style	<i>Anxious parents</i> – creating dependence. <i>Neglectful parents</i> – increased child injuries.	Parenting courses.
Radio Frequency (RF) Radiation	<i>Prevalent exposure</i> – risk of cancer, cardiac disorders, DNA fragmentation, cellular disruption.	Turn wifi off at night, use Ethernet; restrict all devices from bedrooms, restrict handheld devices from children < 12 years of age.
SCHOOL		
Technology Overuse	<i>Reliance on tech displaces the basics</i> - illiteracy. <i>One pad per child</i> – children with adhd, detachment disorders, social phobias, autism, and aspergers should use <i>less</i> tech.	No handheld devices for children < 12 years; prohibit personal devices. Determine <i>who, what, when, where, why, and how</i> of education tech usage.
Physical Health	<i>Inadequate recess</i> – weak core, poor motor coordination, poor printing and reading skill, insufficient movement to be able to learn. <i>Inadequate playgrounds</i> – low challenge, poor drive to succeed.	Increase recess durations; hire PE teachers. Improve playgrounds, especially for children ages 7-18 years.
Mental Health	<i>Crowded, noisy classrooms</i> – chaos; no management. <i>Techie teachers</i> – no human connection. <i>Indoor instruction</i> – no attention restoration.	Reduce classroom numbers. Teachers teach; devices entertain. One class per day outside.
Attention & Learning	<i>No executive function</i> – impulsive, irrational, reactionary, no empathy, don’t listen, can’t process	Outdoor schools for severe behavior and learning disabled children.
RF Radiation	<i>Prevalent exposure</i> – risk of cancer, cardiac disorders, DNA fragmentation, cellular disruption.	Remove wifi, use Ethernet; ban all handheld devices from school property.
COMMUNITY		
Poor Health	<i>Lack of funds for civic infrastructure to promote healthy activities</i> – families stay inside on tech.	Use education and health government funding for free recreation and bus passes, and to build exciting and challenging playgrounds.
Poor Playgrounds	<i>Licensing and fear of litigation limitations</i> – infantile playgrounds.	Set minimum standards and provide age appropriate playgrounds.
Media Addictions	<i>Liberal access to violent/sexual media content</i> – fuels addictions.	Block online access to videogame and porn sites; see Korea, England
RF Radiation	<i>Prevalent exposure</i> – risk of cancer, cardiac disorders, DNA fragmentation, cellular disruption.	Create wifi free zones in and surrounding facilities that service children under 12 year of age. Designate wifi free public spaces.