

EMF Explained Series

EMF AND CHILDREN - L1

Overview

Since 1995, more than 20 expert panels and health agencies such as the World Health Organization (WHO) have examined the scientific evidence regarding health effects from radio frequency (RF) exposure. The consistent conclusion of these reviews is that the scientific knowledge shows that there is no evidence of harmful effects to the general population – including children – from RF exposure below internationally accepted standards.

The International EMF Guidelines (from ICNIRP) are designed to protect people of all ages including children, and incorporate large safety factors.

However, there are still some gaps in scientific knowledge, and the WHO has prioritised further research into the use of mobile phones by children.

[WHO Children's EMF Research Agenda](#)

[WHO Research Agenda for Radio Frequency Fields \(2006\)](#)

Expert advice on children's usage

On mobile phone safety and health, the WHO states:

"A large number of studies have been performed over the last two decades to assess whether mobile phones pose a potential health risk. To date, no adverse health effects have been established as being caused by mobile phone use"

[WHO Fact Sheet 193 June 2014 - Electromagnetic fields and public health: mobile phones](#)

The WHO also provides information on how to effectively reduce mobile phone exposure:

"In addition to using "hands-free" devices, which keep mobile phones away from the head and body during phone calls, exposure is also reduced by limiting the number and length of calls. Using the phone in areas of good reception also decreases exposure as it allows the phone to transmit at reduced power."

[WHO Fact Sheet 193 May 2010 - Electromagnetic fields and public health: mobile phones](#)

Sending text messages which is very popular with younger people including children, is a simple way to reduce exposure.

[More information...](#)