



Presented to the Lee, MA Select Board

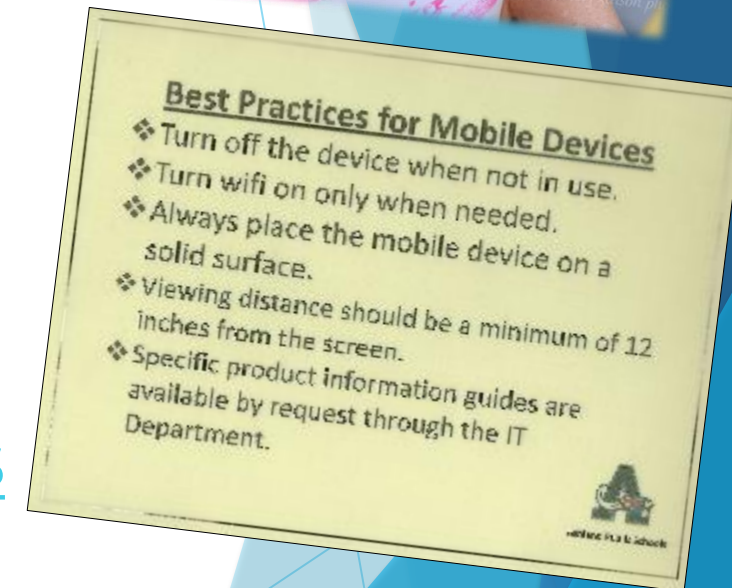
Utility Smart Meter Risks & Public Safety Solutions

Cece Doucette, Director, Massachusetts for Safe Technology,
Safer Screenshot

January 4, 2026

Cece Doucette, MTPW

- ▶ Helped Ashland, MA become first-in-nation with [Best Practices for Mobile Devices](#), 2014
- ▶ Introduced [legislation](#) in MA & testified in NH
- ▶ Co-founder, [Safer Screentime](#), non-profit
- ▶ Co-founder, [Massachusetts for Safe Technology](#)
- ▶ [Co-Chair, Technology Panel, Health in Buildings Roundtable Conference @ NIH](#)
- ▶ Speaker: EMF Medical Conference [2021](#)



The Legal Fine Print

▶ See the Fine Print

▶ Settings

▶ **G**eneral

▶ **L**egal & Regulatory

▶ **RF** Exposure

▶ Safe & Sound Pro II demonstration



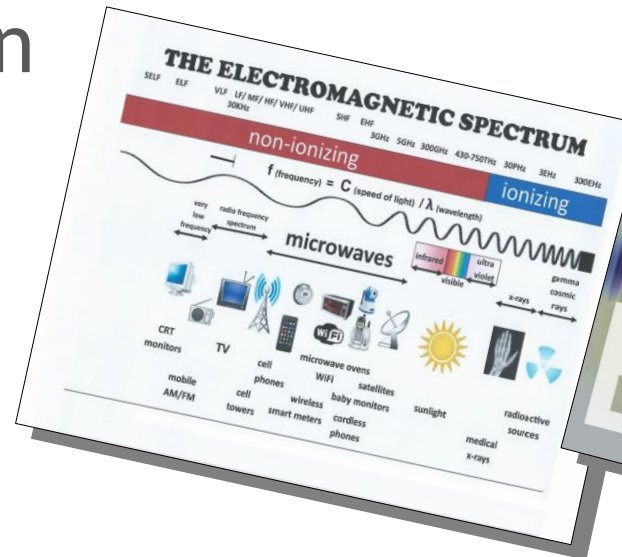
What is Wireless Radiation and Why Should I Care?

▶ Electromagnetic Fields (EMFs)

- ▶ Earth: 7.83 hertz
- ▶ Megahertz: 1 million
- ▶ Gigahertz: 1 billion

▶ Overpowered

▶ Empowered



Science: Long-term Effects

- ▶ Child & Adult Cancers
 - ▶ WHO-funded 2025 study
- ▶ DNA Damage
- ▶ Infertility
- ▶ Neurotoxicity
 - ▶ ADD/ADHD
 - ▶ Autism
 - ▶ Alzheimer's
 - ▶ EWG Fact Sheets
- ▶ Children are especially vulnerable



Cell Phone Radio Frequency Radiation Studies

What is the radiation?
RF radiation is a form of electromagnetic radiation. It is non-ionizing, meaning it does not have enough energy to remove electrons from atoms or molecules. It is also non-thermal, meaning it does not heat tissues. It is non-linear, meaning its effects are not directly proportional to the dose.

What is the evidence?
The evidence for RF radiation effects comes from animal studies, laboratory studies, and epidemiological studies. In 2002, the National Toxicology Program (NTP) published a report showing that male rats exposed to RF radiation for 19 hours per day for 10 weeks developed heart tumors. In 2008, the NTP published another report showing that male rats exposed to RF radiation for 19 hours per day for 18 weeks developed brain tumors. In 2011, the NTP published a third report showing that male rats exposed to RF radiation for 19 hours per day for 18 weeks developed brain tumors. In 2013, the NTP published a fourth report showing that male rats exposed to RF radiation for 19 hours per day for 18 weeks developed brain tumors. In 2015, the NTP published a fifth report showing that male rats exposed to RF radiation for 19 hours per day for 18 weeks developed brain tumors.

Effects of radiofrequency radiation on the nervous system

An EWG fact sheet

Radiofrequency (RF) radiation from mobile phones, cordless phones, and other wireless devices is a growing concern because of its potential to affect the nervous system. The World Health Organization (WHO) has classified RF radiation as a possible carcinogen. The Environmental Health Trust (EHT) has conducted a comprehensive review of the scientific literature on the effects of RF radiation on the nervous system. The following are some of the most common symptoms reported by people who use wireless devices heavily:

- Headaches
- Dizziness
- Nausea
- Fatigue
- Irritability
- Anxiety
- Depression
- Memory loss
- Attention deficit
- Mood swings
- Personality changes
- Behavioral changes
- Social withdrawal
- Isolation
- Suicidal thoughts
- Suicide
- Alcohol and drug abuse
- Eating disorders
- Self-harm
- Suicide attempts
- Suicide completion

Protecting kids from wireless in school and at home

SCHOOL AND HOME RECOMMENDATIONS FOR WIRELESS

- Do Not Use in Classroom
- Do Not Use in Bedroom
- Do Not Use in Car

AT SCHOOL

- Turn off all wireless devices when not in use.
- Do not use wireless devices in classrooms.
- Do not use wireless devices in hallways.
- Do not use wireless devices in restrooms.
- Do not use wireless devices in the cafeteria.
- Do not use wireless devices in the gymnasium.
- Do not use wireless devices in the library.
- Do not use wireless devices in the office.
- Do not use wireless devices in the parking lot.
- Do not use wireless devices in the playground.
- Do not use wireless devices in the field.
- Do not use wireless devices in the woods.
- Do not use wireless devices in the mountains.
- Do not use wireless devices in the desert.
- Do not use wireless devices in the ocean.
- Do not use wireless devices in the sky.

AT HOME

- Turn off all wireless devices when not in use.
- Do not use wireless devices in the bedroom.
- Do not use wireless devices in the bathroom.
- Do not use wireless devices in the kitchen.
- Do not use wireless devices in the living room.
- Do not use wireless devices in the dining room.
- Do not use wireless devices in the garage.
- Do not use wireless devices in the driveway.
- Do not use wireless devices in the yard.
- Do not use wireless devices in the pool.
- Do not use wireless devices in the hot tub.
- Do not use wireless devices in the car.
- Do not use wireless devices in the airplane.
- Do not use wireless devices in the train.
- Do not use wireless devices in the bus.
- Do not use wireless devices in the boat.
- Do not use wireless devices in the plane.
- Do not use wireless devices in the space.

Science: Short-term Effects

- ▶ Smart meters are a leading cause of [Electromagnetic Radiation Syndrome](#), EMR-Syndrome (ADA)
 - Insomnia
 - Headaches
 - Nosebleeds/earbleeds
 - Fatigue
 - Pain
 - Skin abnormalities
 - Irregular heartbeats
 - Cognitive impairment
 - Anger, behavior issues
 - Anxiety, depression, suicidal ideation
- ▶ [World EMR-S Day 2025](#)

Are your symptoms caused by your wireless devices?
Common Symptoms of Microwave Sickness/Electro-Sensitivity

Brain
Headaches
Insomnia/Sleep Problems
Dizziness
Difficulty Concentrating
Memory Problems
Brain Fog
Fatigue

Ears
Tinnitus
Humming
Sharp Pain
Noise Sensitivity

Skin
Skin Rash
Itching
Burning
Facial Flushing

Eye
Pressure In/Behind Eyes
Eye Twitching
Deteriorating Vision
Vision Disturbances
Cataract

Heart
Palpitations
Arrhythmia
Chest Pain/Pressure
Difficulty Breathing
Low/High Blood Pressure

Mood
Irritability
Depression

Other
Adrenal Problems
Digestive Problems
Weight Loss/Gain
Tingling
Dehydration
Hair Loss
Flu Like Symptoms

Longterm
Cancer
ADD/ADHD
Autism
Alzheimer's
Oxidative Stress
DNA Damage

Children are more susceptible to biological effects from wireless radio frequency radiation

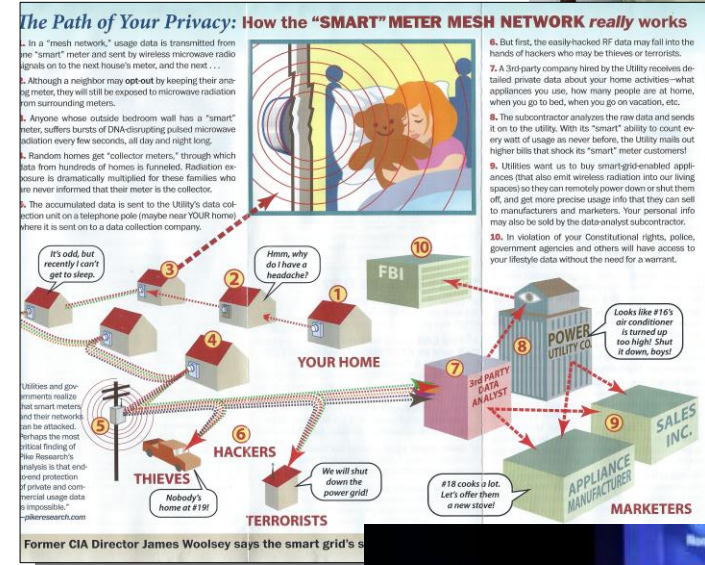
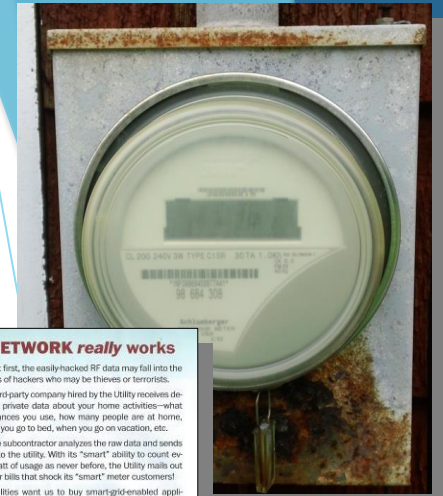
Join us to learn the science and discover how you can have excellent tech connections without the radiation: MA4SafeTech.org

Massachusetts *for safe* TECHNOLOGY



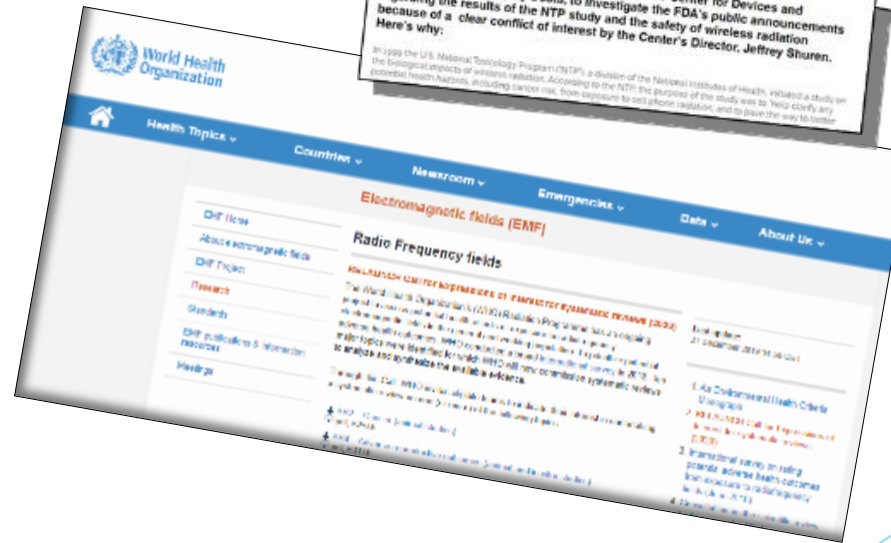
Other “Smart” Meter Risks

- ▶ Some pulse radiation continuously
- ▶ Can hop on house wires/pipes
- ▶ Fires, explosions, improper grounding
- ▶ Data harvesting, privacy issues
- ▶ Environmental justice/[Worcester](#)
- ▶ [TedX Talk](#): Jeromy Johnson, engineer
- ▶ [TedX Talk](#): Dr. Alexia McKnight



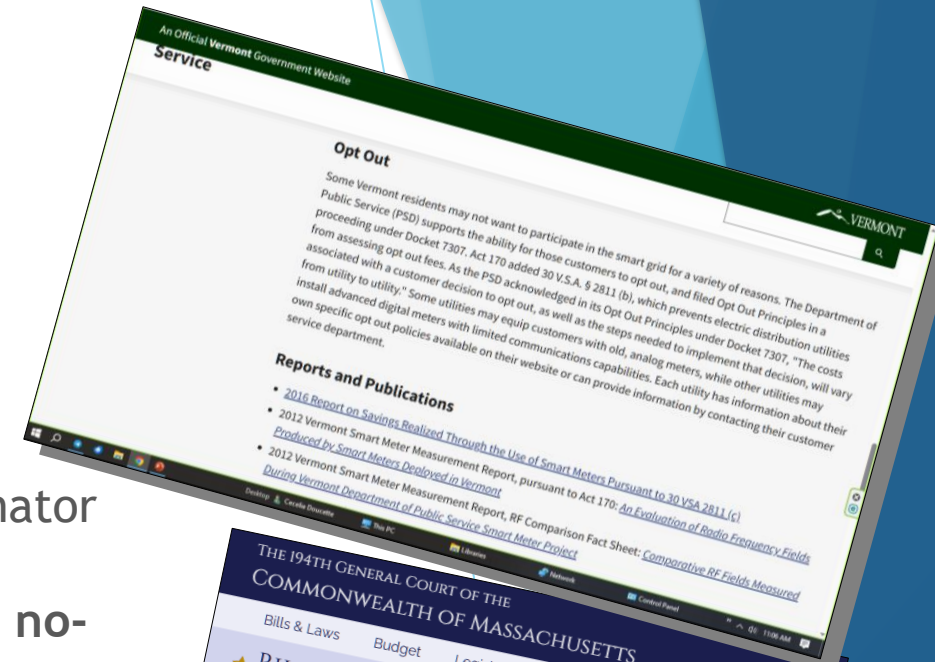
Why Don't We Know?

- ▶ FCC: Captured Agency
- ▶ FDA: Conflict of Interest
- ▶ World Health Organization
 - ▶ Reopening investigation
 - ▶ Conflicts of interest



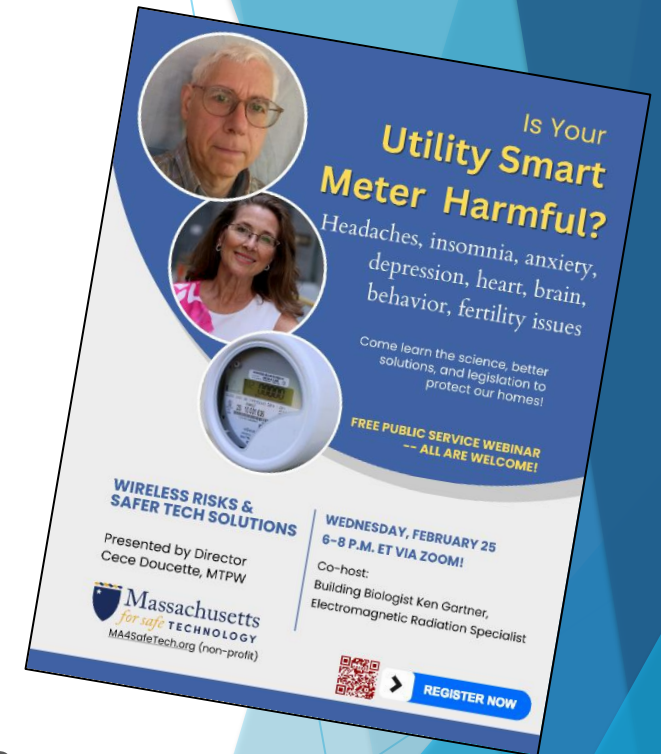
Leading Policy Solutions

- ▶ [Vermont 2012 smart meter no-fee opt-out](#)
- ▶ [6 MA bills currently](#) (2 by Sen. Paul Mark)
 - ▶ [S.2306 An Act relative to smart meters](#) is sponsored by Senator Michael O. Moore and assigned to the Joint Committee on Telecommunications, Utilities and Energy. S.2306 requires a **no-fee wireless meter opt-out** and includes an emergency preamble, "Whereas, The deferred operation of this act would tend to defeat its purpose, which is to maintain public health, therefore it is hereby declared to be an emergency law, necessary for the immediate preservation of the public health." This bill is in its sixth session.
 - ▶ [H.3551 An Act relative to smart meters](#) is sponsored by Rep. Estela Reyes in the House to mirror Senator Moore's Senate bill
 - ▶ [Quick Actions to support bills](#)



Municipal Solutions

- President's [Executive Order](#): MAHA Commission [Strategy](#)
- Do nothing and jeopardize public safety
- Lee smart meter moratorium
- Public forum and investigation, include health, planning and zoning boards, legislators
- Hard-wire meters to the premises, no radiation
- Attend [free public education webinar](#) 2/25/26, 6-8 p.m. co-host Ken Gartner, Building Biologist & Engineer



Questions?



Thank You!

- ▶ [Massachusetts for Safe Technology](#)
- ▶ [Free Monthly Webinars](#)
- ▶ [Monthly Update Meeting, 3rd Wed., Noon ET](#)
- ▶ MA4SafeTech@gmail.com

