



[The Finnish Radiation and Nuclear Safety Authority \(STUK\)](#) has advised that children's mobile phone use should be restricted.

The Authority says that children will have more time to use a mobile phone for a longer period of time than adults. The long-term risks from the use of mobile phones can not be assessed before the phones have been in use for several decades. Additionally, children's brains are developing up to the age of 20 years.

**"With children, we have reason to be especially careful, because there is not enough research on children's mobile phone use. Unfortunately, it will not be easy to obtain this information in the future, either, because of ethical considerations, the use of children as research subjects must always be heavily justified"**, according to STUK research director Sisko Salomaa.

The Authority suggests that the children's mobile phone use could be restricted in the following ways:

- favouring the use of text messages rather than calls,
- parents limiting the number of calls and their duration,
- using hands-free devices
- avoiding talking in an area with low connectivity or in a moving car or a train.

