



**OPINION**

# Study shows how masks are harming children

The problems that children are having wearing masks include increased irritability, headaches, difficulty concentrating, less happiness, reluctance to go to school, malaise, impaired learning and drowsiness or fatigue



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## STORY AT-A-GLANCE

- Data from the first registry to record children's experiences with masks show physical, psychological and behavioral issues including irritability, difficulty concentrating and impaired learning
- Since school shutdowns in spring 2020, an increasing number of parents are seeking drug treatment for attention deficit hyperactivity disorder (ADHD) for their children
- Evidence from the U.K. shows schools are not the super spreaders health officials said they were; measured rates of infection in schools were the same as the community, not higher
- A large randomized controlled trial showed wearing masks does not reduce the spread of SARS-CoV-2
- It is important to pay attention to the direction leadership is taking to protect your future and your finances

March 3, 2021 ([Mercola](#)) — A new study shows children have experienced great psychological, behavioral and physical harm from the mandates and lockdowns handed down during the COVID-19 pandemic. This harm affects the next generation of leaders and has dampened the spirits of people around the world. Yet, there is one place that appears to have side-stepped this damage.

Throughout the 20th and 21st centuries, there have been events that have changed the world. They include the two World Wars, the bombing of Pearl Harbor, the atomic bomb on Hiroshima, the fall of the Berlin Wall, the 9/11 attacks and the COVID-19 pandemic.

The current pandemic has undoubtedly been the most traumatic period for many people. The devastation that has been wrought on the world is incalculable, including things that aren't easily measured like mental health, food insecurity and physical abuse.

The harsh reality is that virtually none of it was necessary and the real damage has been the result of decisions made by global health and government officials who appear to have been acting in concert, according to some predetermined plan.

The fallout from this event will be experienced by many for the remainder of their lives. **Suicide** rates, child abuse and drug deaths have risen dramatically. Prescriptions for anti-anxiety drugs had risen 31% and for antidepressants by up to 22% by mid-2020. But children, whose voices are not often heard, may be suffering the most.

## Children show physical, behavioral and psychological harm

A [recent study](#) has been published online using data from Germany's first registry recording the experience children are having wearing masks. Parents, doctors and others can enter their observations; the registry had recorded use by 20,353 people as of October 26, 2020.

Using this data on 25,930 children, the researchers discovered interesting information. The average time children were wearing a mask was 270 minutes each day. There were [24 health issues reported](#) that were associated with wearing masks that fell into the categories of physical, psychological and behavioral issues.

Of the problems that children were having wearing masks, 68% of them were reported to the registry by parents. The researchers concluded the frequency of registry use and the variety of symptoms being reported indicated the importance of the subject. They [recorded symptoms that:](#)

*... included irritability (60%), headache (53%), difficulty concentrating (50%), less happiness (49%), reluctance to go to school/kindergarten (44%), malaise (42%), impaired learning (38%) and drowsiness or fatigue (37%).*

Added to these concerning symptoms, [they also found](#) 29.7% reported feeling short of breath, 26.4% being dizzy and 17.9% were unwilling to move or play. Hundreds more experienced “accelerated respiration, tightness in chest, weakness and short-term impairment of consciousness.”

Measurements of **anxiety** or depressive disorder jumped dramatically for adults between January through June 2019 and January 2021. [According to data](#) from the U.S. Centers for Disease Control and Prevention, the percentage of adults reporting symptoms of anxiety disorder and/or depressive disorder was 11% in the first quarter of 2019 but [jumped dramatically](#) to 41.1% across the nation by January 2021.

Evidence has shown that there is a positive relationship between a child's behavioral problems and mental health with [maternal mental health](#) and [parental mental health](#). This means that independent of their own stress and physiological harm from mask-wearing and lockdowns, children will also respond negatively to the rising rate of anxiety and depression exhibited by adults.

## More families seeking drugs to manage remote learning

In spring 2020 an unprecedented remote learning experiment began for schools around the world. Suddenly, tens of millions of students were at home, plugged into their computer for their education. In one survey, Educators for Excellence reported 67% of teachers said their students' homework or assignments were completed "somewhat worse" or "much worse" than before remote learning was mandatory.

In another survey, teachers reported their sense of success dropped from 96.3% when teaching in the classroom to 73.1% teaching remotely. On average, the same teachers reported that only 60% of their students were engaged in learning activities.

Remote learning has been especially challenging for young children and for the 20% of students living in the U.S. who do not have access to the necessary technology. According to Education Week, 80% of teachers believe their students are having trouble focusing during the shutdown.

Each of these factors may contribute to the growing number of parents who are seeking treatment for **attention deficit hyperactivity disorder (ADHD)** for their children. NBC News reports specialists are flooded with questions and requests for diagnosis and prescriptions for ADHD.

Dr. Melvin Oatis from the American Academy of Child and Adolescent Psychiatry believes that the pandemic has "been a tipping point that has pushed some families to get help."

However, Dr. Arthur Lavin, who is a pediatrician with service on several national committees of the American Academy of Pediatrics, warns, "Our concern is that pediatricians and families be very careful to not simply list the symptoms of ADHD, but to look at the child's history and use differential diagnosis to make sure we have the best possible explanation for the symptoms."

The fuzziness surrounding a diagnosis of ADHD has also led to some over-identification of these issues. University of Minnesota psychologist Stephanie Carlson finds that students are often misidentified as having deficits in executive functioning skills when the behavior is within normal limits.

For example, younger students are more likely to be labeled with ADHD than their older peers. Boys are labeled more often than girls, and black and Latino students have a lower probability of being diagnosed or taking medicine.

## **Schools are not "super spreaders"**

Early data are now available from a [study](#) performed by the University of Warwick in the U.K. looking at information on school absences between September 2020 and December 2020. The researchers were interested in students who stayed home from school sick because of COVID-19 infections and how the number who became ill varied across time.

The study evaluated pupils and teachers and how those absences changed during November lockdown and in December when the lockdown was lifted. What they found was that the infection rate in the schools matched the wider community, indicating there was no evidence that schools were a driver in producing more cases of COVID-19.

As in the U.S., students in the U.K. have been offered **remote learning** options. Dr. Mike Tildesley is one of the researchers and a scientific adviser to the U.K. government. [He suggests](#) using a staggered approach as plans for reopening the schools are underway.

While the rates of infection between the schools and community were the same, the researchers [could not comment](#) if the students and teachers who did have COVID-19 caught it in the school or the community. As would be expected with what is known about the virus, the rate of infection was lower in primary schools than secondary schools.

When [speaking to a BBC reporter](#), Tildesley had a telling comment about how decisions to reopen schools should be made: “You could potentially think about doing early years first. But this is a political decision.”

## Face masks do not effectively reduce COVID-19 infections

The first randomized controlled trial evaluating the effectiveness of surgical face masks against SARS-CoV-2 was [published in November 2020](#) in the Annals of Internal Medicine.

During the trial, researchers evaluated more than 6,000 individuals and found that masks did not statistically significantly reduce the incidence of infection of COVID-19. Among the people who wore masks, 1.8% tested positive for SARS-CoV-2, compared to 2.1% among the control group.

When the researchers removed those who did not adhere to proper mask-wearing, the results remained the same — 1.8%. This suggests that in this group of 6,000 individuals, **wearing a mask** made no significant difference as to whether they would acquire COVID-19.

In the group that reportedly wore their masks “exactly as instructed,” 2% tested positive for the virus as compared to 2.1% of the controls. Despite a lack of evidence that mask-wearing in the general public was effective, widespread mask mandates were rolled out.

At the end of December 2020, researchers from Rational Ground revealed results of data analysis evaluating the use of masks from all 50 U.S. states. It was completed by data analysts, computer scientists and actuaries, who divided the information into states that had mask mandates and those that did not.

They evaluated data from May 1, 2020, through December 15, 2020, and calculated how many cases per day occurred by population with and without mask mandates. Among states without a mask mandate, 5,781,716 cases were counted over 5,772 days, which worked out to:

- No mask mandates — 17 cases per 100,000 people per day
- Mask mandates — 27 cases per 100,000 people per day

In other words, the evidence does not support the use of masks and school lockdowns. And, there is powerful evidence that masks and school lockdowns are causing significant damage to the physical and psychological health of children. Yet, these mandates and lockdowns have garnered support from schools and parents, likely driven by **fear of the virus**.

## **Countrywide mandates prove successful**

In fact, fear seems to have been the force used to drive mandates the public would not have otherwise accepted — except, that is, in Sweden. In a 45-minute documentary, Claudia Nye shows how Sweden has approached COVID-19.

Under the guidance of chief epidemiologist Anders Tegnell, **Sweden did not institute a universal lockdown**, close small businesses or schools, or enact mandatory mask mandates. Instead, they chose to use enough reasonable strategies to protect their citizens. According to Tegnell, “We don't want to hurt anyone unnecessarily, but we want to have as good effect as possible.”

Using this as the basis for their decision-making, only some schools were closed during certain periods of time and only office workers were asked to work from home to minimize crowding on public transportation. Retail shops, gyms and restaurants remained open, a vast difference from what happened in other countries around the world.

Businesses recommended social distancing and masks, but it wasn't a strict rule. Around the globe, people were told to stay home or face jail time. Yet, in Sweden people were asked to take commonsense precautions based on their individual circumstances.

It was recommended seniors and other high-risk individuals stay home, use social distancing and wear masks. All others were free to live as they normally would. Tegnell noted that in Sweden, “We have chosen a voluntary way and it’s proven to be sustainable and it’s proven also to be effective.”

According to the Imperial College of London model, Sweden should have experienced a death toll of 80,000 by the end of June 2020 without a lockdown. However, the true number September 30, 2020, after no lockdowns, stood at 5,893 – a vast majority of whom were elderly with comorbidities.

In fact, of those, only 872 were a direct result of COVID-19. The rest had one or more conditions that contributed to the death. Nye tells more of this story in her engaging documentary that won the Outstanding Achievement Award in the Los Angeles International Indie Short Fest film festival in January 2021.

I believe without being aware of how your behavior is being influenced, the world will continue to become decidedly different and more difficult. To protect our children, future generations and your finances, I encourage you to share “**Public Health Officials Are Destroying Humanity.**”

It may seem like science fiction, but just one year ago you probably could not have imagined the world as it is today. Unless and until more people understand the direction that leadership is sending the world, it will only continue down the same path.

In my newest book, “**The Truth About COVID-19,**” I investigate the origins of this virus and how the elite use it to slowly erode your personal liberty and freedom. I’ll also show how you can protect yourself against this disease and what you can do to fight back against the technocratic overlords.

My book will be available April 29, but you can preorder it now on Amazon. Why Amazon, you may ask? Well, this book talks in detail about pandemic profiteers, and by getting its ranking pushed up via one of the biggest Big Tech companies benefiting from this global pandemic – although I am not thrilled about associating with Amazon – we are actually using their platform against them!

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