

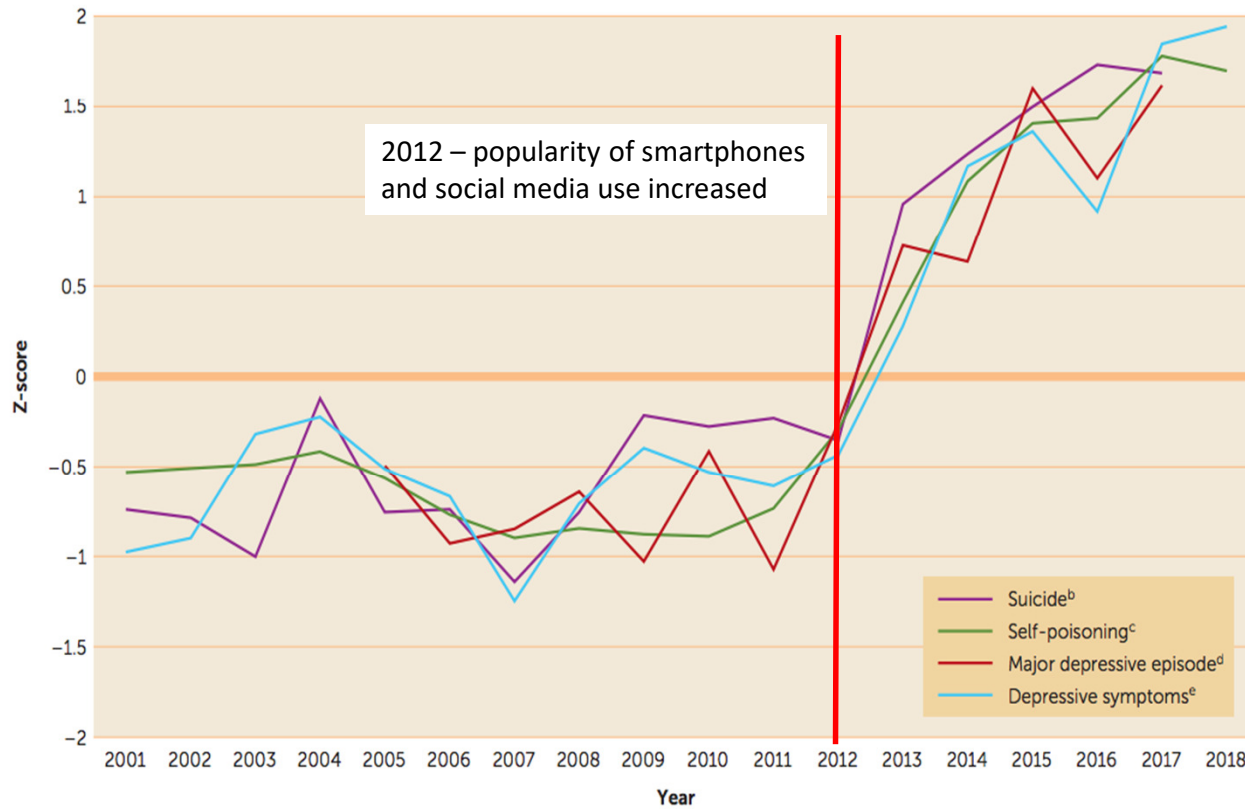
Why are we doing this?

This is fundamentally public health and prevention legislation.

Cell phone addiction, social media are disrupting children's health, education and learning experiences.

→2012

FIGURE 1. Indicators of poor mental health among U.S. girls and young women, 2001–2018^a



^a Standard deviations are within means at the generational level, not at the individual level, and thus should not be used to calculate individual-level effect sizes.

^b Source: Centers for Disease Control and Prevention. Suicide rates among 12- to 14-year-old girls.

^c Source: Spiller et al. (14). Self-poisoning among 13- to 15-year-old girls.

^d Source: Twenge et al. (11). Major depressive episode among 14- to 15-year-old girls.

^e Sources: Keyes et al. (8) and Twenge et al. (9). Depressive symptoms among eighth-grade girls.

3 parts to this legislation

- 1) Phone free and social media free schools K-12. All day. No phones in class, lunch, hallways, transitions etc. (exception for students with medical needs).
- 2) Opt out choice – give families option to have alternative to technology based classroom (Google Classroom) to minimize risk of harm from MISUSE of student data. For instance, to choose to read from a print book/articles vs. digital articles and/or print out a paper and hand in to teacher.
 - a) Misuse of student data perpetuates bias, discrimination when it is sold and passed onto 3rd party vendors – student data is re-identified
 - b) Research shows paper print based reading superior to digital screen based reading.
- 3) Online harms education based on independent research (not commercial industry funded that would produce bias in content/recommendations)

Examples of independent education preventions programs related to online harms

- Erik's Cause, The Choking Challenge

www.erikscouse.org/program

- ScreenStrong.org Student course

Developed by nurses and psychiatrists - Teaches children about healthy brain development and how digital and online product exposure impacts and can interrupt healthy brain development.