

JAN 17 2020

A BILL FOR AN ACT

RELATING TO SCREEN TIME AWARENESS.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:

1 SECTION 1. The legislature finds that there is a growing
2 body of empirical data and anecdotal accounts that suggest that
3 time spent in front of screens has a negative impact on
4 children's mental health and healthy relationship formation.
5 Neuroscience research shows that social media, video games, and
6 web surfing trigger the same dopamine networks that are
7 triggered by drug use. A growing body of evidence also suggests
8 that excessive screen time may have an important impact on the
9 high increase in anxiety, depression, and suicide among teens.
10 The average Hawaii youth is reported to spend three hours a
11 day playing video games. Additionally, attention and motivation
12 issues may be impacted, which may have negative implications for
13 academic and professional success. Despite this research and
14 the fact that managing screen time is a ubiquitous problem
15 parents face, the State lacks an educational resource for
16 families on the effects of excessive screen time and best
17 practices for limiting screen time.



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1 The purpose of this Act is to appropriate funds for the
2 creation of an informational website and education campaign
3 regarding the effects of screen time on children's and teens'
4 mental health, and their ability to form strong, healthy
5 relationships.

6 SECTION 2. (a) The department of health shall create and
7 host a website that informs the public of the impacts of screen
8 time on children's and teens' mental health and ability to form
9 strong, healthy relationships. The website shall:

- 10 (1) Summarize and include links to research on the effects
11 of screen time on children's and teens' mental health
12 and healthy relationship formation;
- 13 (2) Provide screen time guidelines by age group;
- 14 (3) Answer frequently asked questions; and
- 15 (4) Offer quality resources and best practices that
16 provide parents with an authoritative site to consult
17 when deciding how to manage their family's screen time
18 and overall health.

19 (b) The department of health shall launch a public
20 education campaign to:



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- 1 (1) Warn about the effects of screen time for children's
- 2 and teens' mental health and ability to form and
- 3 maintain a healthy relationship;
- 4 (2) List warning signs of over-consumption of screen time
- 5 and its negative impacts;
- 6 (3) Identify best practices for limiting and monitoring
- 7 screen time; and
- 8 (4) List alternative activities for individuals and
- 9 families.

10 SECTION 3. There is appropriated out of the general
 11 revenues of the State of Hawaii the sum of \$ or so
 12 much thereof as may be necessary for fiscal year 2020-2021 for
 13 the creation of a website and to launch a public education
 14 campaign on the effects of screen time on children and teens as
 15 required by Section 2.

16 The sum appropriated shall be expended by the department of
 17 health for the purposes of this Act.

18 SECTION 4. This Act shall take effect on July 1, 2020.

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S.B. NO. 2458

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Report Title:

Department of Health; Screen Time; Website; Public Education Campaign; Appropriation

Description:

Appropriates funds for the department of health to create and host a website and launch a public education campaign on the effects of screen time on children and teens.

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