
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 evidence suggesting that
3 time spent in front of digital image screens has a negative
4 impact on children's mental health and their ability to form
5 healthy relationships. Neuroscience research shows that social
6 media, video games, and web surfing trigger the same dopamine
7 networks that are triggered by drug use. A growing body of
8 evidence also suggests that excessive digital image screen time
9 may be contributing to increased rates of anxiety, depression,
10 and suicide among teenagers.

11 The average youth in Hawaii is reported to spend three
12 hours a day playing video games, which may impact their
13 attention spans and motivation levels. The excess digital image
14 screen time may adversely affect their academic and professional
15 success. Despite research that demonstrates these adverse
16 effects and despite the fact that managing digital image screen
17 time is a common problem for many parents, the State lacks



1 resources for educating families on the risks of and best
2 practices for limiting excessive digital image screen time.

3 Accordingly, the purpose of this Act is to require the
4 behavioral health services administration of the department of
5 health to convene a working group to compile resources to inform
6 and educate the public about the impacts of excessive digital
7 image screen time on the mental health and relationships of
8 children and teenagers.

9 SECTION 2. (a) The behavioral health services
10 administration of the department of health shall convene a
11 working group to compile resources to inform and educate the
12 public about the impacts of excessive digital image screen time
13 on the mental health and relationships of children and
14 teenagers, including:

- 15 (1) Existing research on the effects of excessive digital
16 image screen time on the mental health of children and
17 teens and their ability to form healthy relationships;
- 18 (2) Any available national websites that offer evidence-
19 based digital image screen time guidelines based on
20 age group; and



1 (3) A list of national websites that offer evidenced-based
2 resources and best practices that parents may consult
3 when deciding how to manage their family's digital
4 image screen time and overall health.

5 (b) The working group shall:

6 (1) Hold no more than two meetings;

7 (2) Be dissolved on June 30, 2021; and

8 (3) Submit a report of its findings and recommendations,
9 including any proposed legislation, to the legislature
10 no later than twenty days prior to the convening of
11 the regular session of 2021.

12 SECTION 3. This Act shall take effect on July 1, 3000.



Report Title:

DOH; Screen Time; Mental Health and Relationships of Children and Teenagers; Working Group

Description:

Requires the behavioral health services administration of the department of health to convene a working group to compile resources to inform and educate the public about the impacts of excessive digital image screen time on the mental health and relationships of children and teenagers and report to the legislature. Effective 7/1/3000. (HD1)

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