
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 suggesting 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.



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) If available, link to national websites that offer
14 evidence-based screen time guidelines by age group;
15 and

16 (3) Refer to national websites that offer evidenced-based
17 resources and best practices that provide parents with
18 sites to consult when deciding how to manage their
19 family's screen time and overall health.

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



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.



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. (SD1)

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