
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 teens.

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 negatively affect their academic and
15 professional success. Despite research that demonstrates these
16 negative effects and despite the fact that managing digital
17 image screen time is a common problem for many parents, the



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

3 Accordingly, the purpose of this Act is to appropriate
4 funds for the creation of an informational website and
5 educational outreach campaign on the effects of excessive
6 digital image screen time on the mental health of children and
7 teens and their ability to form strong, healthy relationships.

8 SECTION 2. (a) The department of health shall develop and
9 host a website that informs the public of the impacts of
10 excessive digital image screen time on the mental health and
11 relationships of children and teens. At a minimum, the website
12 shall:

13 (1) Summarize and provide links to research on the effects
14 of excessive digital image screen time on the mental
15 health of children and teens and their ability to form
16 healthy relationships;

17 (2) Link to any available national websites that offer
18 evidence-based digital image screen time guidelines
19 based on age group; and

20 (3) Provide a list of national websites that offer
21 evidenced-based resources and best practices that



1 parents may consult when deciding how to manage their
2 family's digital image screen time and overall health.

3 (b) The department of health shall launch a public
4 education campaign to:

5 (1) Warn about the effects of excessive digital image
6 screen time on the mental health of children and teens
7 and their ability to form and maintain healthy
8 relationships;

9 (2) Provide a list of warning signs and negative impacts
10 of the over-consumption of digital image screen time;

11 (3) Identify best practices parents can follow when
12 limiting and monitoring digital image screen time; and

13 (4) List alternative activities for individuals and
14 families.

15 SECTION 3. There is appropriated out of the general
16 revenues of the State of Hawaii the sum of \$ or so
17 much thereof as may be necessary for fiscal year 2020-2021 for
18 the creation of a website and educational outreach campaign on
19 the effects of excessive digital image screen time on children
20 and teens as required by section 2.



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

3 SECTION 4. This Act shall take effect on July 1, 2050.



Report Title:

DOH; 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 excessive digital image screen time on children and teens. Effective 7/1/2050. (SD2)

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