

JAN 18 2019

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 physical, emotional, and cognitive health.
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 Excessive screen time has also been found to be a casual factor
11 for a sedentary lifestyle and obesity, which is a serious
12 concern for Hawaii youth.

13 The average Hawaii youth is reported to spend three hours a
14 day playing video games. Additionally, attention and motivation
15 issues may be impacted, which may have negative implications for
16 academic and professional success. Despite this research and
17 the fact that managing screen time is a ubiquitous problem



1 parents face, the State lacks an educational resource for
2 families on the effects of excessive screen time and best
3 practices for limiting screen time.

4 The purpose of this Act is to appropriate funds for the
5 creation of an informational website and education campaign
6 regarding the effects of screen time on children and teens.

7 SECTION 2. (a) The department of health shall create and
8 host a website that informs the public of the effects of screen
9 time on children and teens. The website shall:

- 10 (1) Summarize and include links to research on the effects
11 of screen time on children and teens, including
12 negative consequences of excessive screen time;
- 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:



- 1 (1) Warn about the negative effects of screen time for
- 2 children and teens;
- 3 (2) List warning signs of over-consumption of screen time
- 4 and its negative impacts;
- 5 (3) Identify best practices for limiting and monitoring
- 6 screen time; and
- 7 (4) List alternative activities for individuals and
- 8 families.

9 SECTION 3. There is appropriated out of the general
 10 revenues of the State of Hawaii the sum of \$ or so
 11 much thereof as may be necessary for fiscal year 2019-2020 and
 12 the same sum or so much thereof as may be necessary for fiscal
 13 year 2020-2021 for the department of health's website and public
 14 education campaign on the effects of screen time on children and
 15 teens.

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

18 SECTION 4. This Act shall take effect on July 1, 2019.

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INTRODUCED BY: *Paul E. R.*
Y. K. *BTLS*



S.B. NO. 433

A handwritten signature in black ink, consisting of a stylized, cursive script that is difficult to decipher but appears to be a personal name.

S.B. NO. 433

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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