

MAR 11 2022

SENATE RESOLUTION

DECLARING THE SECOND WEEK OF MAY AS SOCIAL MEDIA BREAK WEEK IN
THE STATE OF HAWAII.

1 WHEREAS, social media plays an important role in the daily
2 lives of individuals in the twenty-first century; and

3
4 WHEREAS, social media has become a prominent factor in
5 lives of individuals, including those who struggle with mental
6 health conditions; and

7
8 WHEREAS, studies have shown that individuals struggling
9 with a variety of mental health conditions use social media
10 platforms at exceptional rates; and

11
12 WHEREAS, many individuals rely on social media to connect
13 with others, but spending too much time engaging on social media
14 could, in turn, cause individuals to feel isolated; and

15
16 WHEREAS, for these and other reasons, social media can
17 contribute to the development of anxiety, depression, and other
18 mental health conditions; and

19
20 WHEREAS, according to a 2015 study done by Common Sense
21 Media, teens may spend up to nine hours a day on social media;
22 and

23
24 WHEREAS, a 2016 study published in the National Library of
25 Medicine found that adolescents from ages fourteen to seventeen
26 years old who used seven hours or more of screen time, compared
27 to lower users of one hour a day, were more than twice as likely
28 to have been diagnosed with depression and anxiety, treated by a
29 mental health professional, or have taken medication related to
30 psychological or behavioral issues in the last twelve months;
31 and

32
33 WHEREAS, in 2017, the United Kingdom's Royal Society for
34 Public Health conducted a survey of fifteen hundred adolescents
35 about their social media habits, and found that Instagram and



1 other social networks are associated with bullying, body
2 dysmorphia, and poor sleep habits; and
3

4 WHEREAS, a detoxification from social media would encourage
5 individuals to improve their quality of life and relationships,
6 give their minds a break, and get in touch with nature; and
7

8 WHEREAS, in the United States, the month of May is observed
9 as Mental Health Awareness Month; and
10

11 WHEREAS, the State is committed to improving public mental
12 health and raising awareness of the detrimental effects that
13 social media can have on an individual's mental health; now,
14 therefore,
15

16 BE IT RESOLVED by the Senate of the Thirty-first
17 Legislature of the State of Hawaii, Regular Session of 2022,
18 that the second week of May be recognized as Social Media Break
19 Week in Hawaii; and
20

21 BE IT FURTHER RESOLVED that during the second week of May,
22 the people of Hawaii are encouraged to take a break from social
23 media and prioritize mental health; and
24

25 BE IT FURTHER RESOLVED that the Department of Health is
26 requested to continue improving public mental health, raise
27 awareness of the detrimental effects that social media can have
28 on an individual's mental health, and promote the second week of
29 May as Social Media Break Week in Hawaii; and
30

31 BE IT FURTHER RESOLVED that certified copies of this
32 Resolution be transmitted to the Governor and Director of
33 Health.
34
35
36

OFFERED BY: 

