

Hi, I'm Katie Longhauser, nurse and founder of the Kids Digital Health Hub and the Screen Guardians.

Neil Postman, warned us that when it comes to technology we have to ask better questions - to consider not only what a solution would solve but also what new problems it could create.

So Let's ask:

What is solved by NOT passing this bill?

- School districts maintain their arguments for local control
- Fewer parents are mad or scared about not having constant access to their children
- Private schools don't push back when they are typically exempt

It seems to me those are all ways that benefit adults. But we're here for the benefit of students.

We owe it to our children to think deeply and ask a follow-up question:

To pass this bill acknowledges that problems have been created by students having near-constant access to digital devices. Problems such as:

- Constant interruptions: Students deal with digital "noise" throughout their school day which affects them physiologically by increasing their cortisol levels, BP, heart rate rhythm instability and compromising their immune systems.
- Continuous partial attention: Students juggle screen distractions and classroom instruction simultaneously...and it shows! As they spend their school day with one foot in the real world and one foot in the digital world they lose the ability to be fully present. That loss has profound academic and social consequences - and often leads to conflict with teachers
- Fractured Focus: Students who can look at their devices during the day will do so as often as possible. Those check-ins leave a "mental residue." It takes the brain time to recover and focus on what it is "supposed to be" focusing on, losing valuable instructional time. All this "residue" also impacts comprehension, memory and stress.

What if a vote in favor of this bill meant you are considering the unintentional consequences created in the past and working to make amends for the benefit of students.

At Screen Guardians our motto is to protect and preserve childhood. We believe voting in favor of this bill would help to do just that.

Thank you.

Katie Longhauser