

2024-2025 YOUTH COMMISSION

CO –CHAIRS:

Aditi Subramaniam
Jimena (Toby) Ortega

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Sol Fuerte Hernandez
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AT-LARGE MEMBERS:

Anai Beng
Mo Damtew
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Open Seat in Memory of
Jennifer Beegle

STAFF:

Andrea Marquez (City)
Erika Molina-Rodriguez (County)
Jes Phillip (City)
Jia Wu (County)



March 26, 2025

Dear Chair Neron, Vice Chair Dobson, Vice Chair McIntire, and Members of the House Education Committee:

The Multnomah Youth Commission (MYC), the official youth policy body for the City of Portland and Multnomah County, Oregon, proudly endorses the Starting Later for Educational Excellence and Progress (SLEEP) Act, HB 2359, and fiercely supports the efforts led by our fellow members on the MYC Education/Youth Voice Committee.

For over a decade, this youth-led initiative has engaged thousands of students, teachers, and stakeholders, who all are concerned with the state of education in Oregon. The question of later start times have been studied extensively, with numerous stakeholders in health, especially in adolescent health, supporting high schools starting at 8:30am or later.

The MYC believes that the best path forward is the Oregon SLEEP Act. The extensive work of our members have balanced the needs of every stakeholder, ensuring that the change will create minimal friction for those involved, while centering both student wellbeing and equity. The Education Youth/Voice Committee of the MYC is committed to engaging with every stakeholder possible, and continues to invite community members to join this student-led effort.

Student wellbeing is central to a strong future for Oregon's youth. We would like to emphasize that this change is a long-term change. While we acknowledge that change is difficult, the MYC firmly believes that this bill provides generous support for districts from the state level. We also highlight the numerous studies and anecdotal examples that support long-term cost-savings for districts post-change, as well as general economic benefits for the state.

We are excited to support the tireless efforts of our fellow youth commissioners and urge legislators to support this youth-led policy.

Sincerely,

Aditi Subramaniam
MYC Co-Chair, 2024-25
Multnomah Youth Commission

Jimena (Toby) Ortega
MYC Co-Chair, 2024-25
Multnomah Youth Commission