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To: House Committee on Education
From: Heather Busby, Executive Director
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Re: Support for HB 2359

Dear Chair Leon, Vice-Chairs Helt and Neron, Members of the Committee:

Youth, Rights & Justice (YRJ), a non-profit public defense provider, has been dedicated exclusively to juvenile law for 50 years. Each year, we provide holistic, client-centered representation to hundreds of children, youth, and parents in Oregon's juvenile court system.

YRJ Supports House Bill 2359, aka the Oregon Starting Later for Educational Excellence and Progress (SLEEP) Act. This bill is an effort led by a team of youth invested in making the system better for all students and is based on science that confirms teenagers' need for a later start time.

Research on later start times indicates that there is a correlation with more sleep, better academic performance, and mental and physical health benefits.¹ This would be good for Oregon's teenagers and would benefit teachers and parents also.

We urge you to pass HB 2359.

Thank you for your consideration.

¹ Weir, Kirsten. Schools shift as evidence mounts that later start times improve teens' learning and well-being. American Psychological Association. <https://www.apa.org/topics/children/school-start-times#:~:text=Research%20from%20psychologists%20and%20others,American%20Academy%20of%20Sleep%20Medicine.>