

Submitter:

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On Behalf Of:

Committee:

Senate Committee On Education

Measure, Appointment or Topic:

HB2251

I am a parent and a practicing pediatrician in Bend, Oregon. I see teenagers every day in clinic that are suffering with their current mental health. Screen time, and especially social media use, are incredibly detrimental to children. I hear stories day after day about children, while at school, who are cyber bullied, body shamed, and even encouraged to end their own life. How can a school be a safe, welcoming, and educational place for all children, when they see hours of TikTok videos about how to hide a budding eating disorder? Or how to self harm in more inconspicuous locations?

The devices are addictive. I want to repeat that, devices are addictive. Let's remember that when you decide whether something so addictive belongs in every child's hand during class. How can a teacher actually teach when he or she is trying to be louder than 30 pieces of addictive tech.

Let's eliminate personal devices in school, and let the teachers do what they do best, teach.