

MAR 11 2022

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# SENATE CONCURRENT RESOLUTION

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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

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

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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

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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

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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

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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  
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1 WHEREAS, in 2017, the United Kingdom's Royal Society for  
2 Public Health conducted a survey of fifteen hundred adolescents  
3 about their social media habits, and found that Instagram and  
4 other social networks are associated with bullying, body  
5 dysmorphia, and poor sleep habits; and  
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7 WHEREAS, a detoxification from social media would encourage  
8 individuals to improve their quality of life and relationships,  
9 give their minds a break, and get in touch with nature; and  
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11 WHEREAS, in the United States, the month of May is observed  
12 as Mental Health Awareness Month; and  
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14 WHEREAS, the State is committed to improving public mental  
15 health and raising awareness of the detrimental effects that  
16 social media can have on an individual's mental health; now,  
17 therefore,  
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19 BE IT RESOLVED by the Senate of the Thirty-first  
20 Legislature of the State of Hawaii, Regular Session of 2022, the  
21 House of Representatives concurring, that the second week of May  
22 be recognized as Social Media Break Week in Hawaii; and  
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24 BE IT FURTHER RESOLVED that during the second week of May,  
25 the people of Hawaii are encouraged to take a break from social  
26 media and prioritize mental health; and  
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28 BE IT FURTHER RESOLVED that the Department of Health is  
29 requested to continue improving public mental health, raise  
30 awareness of the detrimental effects that social media can have  
31 on an individual's mental health, and promote the second week of  
32 May as Social Media Break Week in Hawaii; and  
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34 BE IT FURTHER RESOLVED that certified copies of this  
35 Concurrent Resolution be transmitted to the Governor and  
36 Director of Health.  
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38  
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OFFERED BY: 

