A bill for an act
relating to education finance; promoting digital well-being education and training
for the health, mental well-being, and learning of all Minnesota students as it relates
to the use of digital media; appropriating money for a Minnesota-based organization
that collaborates with communities to promote digital well-being.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF MINNESOTA:

Section 1. DIGITAL WELL-BEING GRANT.

Subdivision 1. Findings; grant. (a) The legislature finds that the negative effects of
screen overuse and misuse impacts the healthy development of young people. Research
supports a growing amount of evidence on the effects of screen overuse and misuse on the
following dimensions of well-being:

(1) physically, including sleep disturbances, eye strain, headaches, obesity, back and
neck pain, and physiological changes in the brain;

(2) mentally, including depression, anxiety, suicidal ideation, and addictive tendencies;

(3) socially, including loneliness, social upward mobility comparison, nomophobia,
sexting, cyberbullying, unfiltered access to pornography, and diminished social and
interpersonal skills;

(4) emotionally, including emotional dysregulation, decreased ability to express empathy,
and lowered self-esteem; and

(5) cognitive distraction, including diminished academic performance, decreased working
memory, decrease in cognitive capacity and functioning, and increase in ADHD.


Section 1.
The effects of screen overuse and misuse impacts every generation, gender, race, and social class. Technology is a detriment to children and young people due to their developing brains and is an additional detriment to underserved populations on social mobility comparisons, academic achievement, distraction by devices in the learning environment, compromised use of technology as a learning tool, reduced social and emotional learning skills, and lower levels of learning motivation and self-confidence.

The negative effects of social media, in particular, on young people include sleep disruption, increased cyberbullying and rumor spreading, increased depression and anxiety, declines in life satisfaction, loss of interest in daily activities with peers, increased tendency to send sexualized images, suicidal ideation, self-harming, and obesity.

The commissioner of education must award a grant to LiveMore ScreenLess, a Minnesota-based organization that collaborates with communities to promote digital well-being. LiveMore ScreenLess must use the grant funds for the purposes in subdivisions 2 to 5.

Subd. 2. Digital well-being resource library. The grant to LiveMore ScreenLess must be used to support the expansion of a library of resources for young people, parents, schools, after-school programs, community-based organizations, and families to continue to serve Minnesota as the premiere resource for promoting digital well-being.

Subd. 3. Communication campaign. LiveMore ScreenLess must work with their local and national partner organizations focused on particular aspects of healthy screen use and healthy youth development to build upon a robust communication campaign addressing digital well-being. LiveMore ScreenLess must continue to collaborate and coordinate with local and national organizations to provide critical resources to address the effects of screen misuse and overuse on young people.

Subd. 4. Trainings and workshops. LiveMore ScreenLess must continue to implement the digital well-being in-person and online trainings and professional development workshops for educators, community-based organizations, and those serving and advocating for young people in Minnesota.

Subd. 5. Peer education and leadership training. LiveMore ScreenLess must continue to deliver peer education and leadership training to develop young people as mentors and leaders, to advocate and promote digital well-being among peers and younger students, and to provide resources to educators and adults who support young people through trainings and workshops under subdivision 4.
Sec. 2. **APPROPRIATION.**

Subdivision 1. **Department of Education.** The sums indicated in this section are appropriated in the fiscal years designated from the general fund to the Department of Education.

Subd. 2. **Digital well-being.** (a) For a grant to LiveMore ScreenLess to promote digital well-being:

<table>
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<th>Year</th>
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<tr>
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<tr>
<td>2025</td>
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(b) The base for fiscal year 2024 and later is .......