

**RESOLUTION RAISING AWARENESS OF POTENTIAL HARM TO YOUTH  
DUE TO EXTENSIVE SOCIAL MEDIA USE**

**SANTA CLARA COUNTY BOARD OF EDUCATION  
RESOLUTION No. 2444-4**

**WHEREAS**, in May, Surgeon General Dr. Vivek Murthy released a new [Surgeon General's Advisory on Social Media and Youth Mental Health](#); and

**WHEREAS**, in the report, the Surgeon General acknowledges that social media does offer some benefits, but it also states *usage of social media can become harmful depending on the amount of time children spend on the platforms, the type of content they consume or are otherwise exposed to, and the degree to which it disrupts activities that are essential for health like sleep and physical activity*; and

**WHEREAS**, per the report, 95 percent of young people ages 13-17 self-reported using a social media platform; and

**WHEREAS**, one 2021 survey of teenagers found that, on average, they spend 3.5 hours a day on social media; and

**WHEREAS**, the Surgeon General's Advisory offers recommendations community partners can take to help ensure children and their families have the information and tools necessary to make social media safer for children; and

**WHEREAS**, one recommendation is for policymakers to take steps to strengthen safety standards including limiting the amount of time spent on social media platforms; and

**WHEREAS**, another recommendation is for better protections surrounding children's privacy and supporting media/digital literacy; and

**WHEREAS**, the Santa Clara County Office of Education's (SCCOE) Integrated Science, Technology, Engineering, Arts, and Mathematics (iSTEAM) department offers [courses and supports](#) in Digital Literacy and Citizenship; and

**WHEREAS**, the SCCOE remains committed to the mental, physical, and social well-being of young people; now

**THEREFORE, BE IT RESOLVED**, that the Santa Clara County Board of Education and the County Superintendent of Schools do hereby adopt this resolution raising awareness of potential harm to youth due to extensive social media use.

**PASSED AND ADOPTED** by the County Board of Education at a meeting held on July 17, 2024, by the following vote:

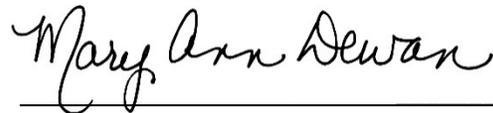
AYES: President Berta, Vice President Rocha, Trustees Chon, Di Salvo, Lari, Mah, and Sreekrishnan  
NOES: none

ABSTAIN: none  
ABSENT: none



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Maimona Afzal Berta, President  
Santa Clara County Board of Education



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Mary Ann Dewan, Ph.D.  
County Superintendent of Schools