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LRB104 09138 SPS 23949 a

1 AMENDMENT TO SENATE BILL 2064

2 AMENDMENT NO. _____. Amend Senate Bill 2064 by replacing
3 everything after the enacting clause with the following:

4 "Section 1. Short title. This Act may be cited as the
5 Commission on Youth Social Media Engagement Act.

6 Section 5. Findings and intent. The General Assembly finds
7 and declares:

8 (a) On May 23, 2023, U.S. Surgeon General Dr. Vivek Murthy
9 released a Social Media and Youth Mental Health advisory to
10 recognize the growing impact of social media on youth mental
11 health and well-being as a significant public health challenge
12 that requires immediate awareness and action.

13 (b) The advisory includes recommendations for policymakers
14 to address this issue, including to "strengthen protections to
15 ensure greater safety for children interacting with all social
16 media platforms".

1 (c) In the United States, up to 95% of youth ages 13 to 17
2 report using social media platforms, and a third of youth
3 report using social media "almost constantly".

4 (d) A study of youth in the United States ages 12 to 15
5 found that youth who spend 3 or more hours a day on social
6 media had double the risk of experiencing poor mental health
7 outcomes, including experiencing symptoms of depression and
8 anxiety. As of 2021, the average time spent on social media for
9 this age group is 3.5 hours a day, with one in 4 youth spending
10 5 or more hours a day on the platforms, and one in 5 youth
11 spending 7 or more hours a day on social media.

12 (e) A systematic review of 42 studies on the effects of
13 excessive social media use found a consistent relationship
14 between social media use and poor sleep quality, reduced sleep
15 duration, sleep difficulties, and depression among youth.

16 (f) Social media sites are designed to maximize user
17 engagement, which can encourage excessive social media use and
18 behavioral dysregulation. Youth undergo critical periods of
19 brain development, and social media exposure and frequent use
20 may be associated with distinct changes in the developing
21 brain, including overstimulation of the amygdala, triggering
22 pathways similar to those in individuals with substance use or
23 gambling addictions.

24 (g) The Illinois Children's Mental Health Partnership
25 developed goals in 2022. One of the goals was to "increase
26 public awareness on all issues connected to child mental

1 health and wellness to decrease stigma and promote acceptance,
2 and strengthen children, families, and communities to identify
3 needs and access support with resources and funding".

4 (h) Understanding more about how technology and health
5 intersect can help solve certain societal problems and improve
6 the mental and physical health of Illinois youth.

7 (i) It is a matter of statewide concern to provide
8 research-based education and interventions, including
9 resources on the effects of social media use on brain
10 development, how to mitigate the risks associated with social
11 media use, and how to maintain well-being while interacting in
12 online environments, to help youth make informed decisions on
13 responsible social media use.

14 Section 10. Commission on Youth Social Media Engagement.

15 (a) The Commission on Youth Social Media Engagement is
16 created. The Commission shall address the growing public
17 health concern regarding the impact of social media on youth
18 mental health by raising awareness of existing research and
19 resources available and making recommendations to mitigate the
20 negative health outcomes of this public health concern on
21 communities in this State. The Commission shall develop a
22 resource bank of existing evidence-based and research-based
23 scholarly articles and materials pertaining to the mental and
24 physical health impacts of social media use by youth, Internet
25 safety, and the impact of screen time on the developing brain

1 and a report including recommendations to the General Assembly
2 concerning actions that the General Assembly may consider to
3 address any mental and physical health impacts of social media
4 use by youth, Internet safety, and the impact of screen time on
5 the developing brain.

6 (b) The Commission shall consist of the following members:

7 (1) the Director of the Department of Public Health or
8 the Director's designee, who shall serve as Chair of the
9 Commission;

10 (2) the Director of the Department of Healthcare and
11 Family Services or the Director's designee;

12 (3) the State Superintendent of Education or the State
13 Superintendent's designee;

14 (4) 3 members appointed by the Governor, of which 2
15 members shall represent the interests of social media
16 platforms;

17 (5) 3 members appointed by the President of the
18 Senate, of which one member shall represent the interests
19 of parents, one member with experience as a youth mental
20 health professional such as a social worker, child
21 adolescent psychiatrist, or other professional
22 specializing in youth mental health, and not more than one
23 of whom may be a current member of the General Assembly;

24 (6) 3 members appointed by the Speaker of the House of
25 Representatives, of which one member shall represent the
26 interests of parents, one member shall have experience as

1 a youth mental health professional such as a social
2 worker, child adolescent psychiatrist, or other
3 professional specializing in youth mental health, and not
4 more than one of whom shall be a current member of the
5 General Assembly;

6 (7) 3 members appointed by the Minority Leader of the
7 Senate, of which one member shall represent the interests
8 of parents, one member shall have experience as a youth
9 mental health professional such as a social worker, child
10 adolescent psychiatrist, or other professional
11 specializing in youth mental health, and not more than one
12 of whom shall be a current member of the General Assembly;
13 and

14 (8) 3 members appointed by the Minority Leader of the
15 House of Representatives, of which one member shall
16 represent the interests of parents, one member shall have
17 experience as a youth mental health professional such as a
18 social worker, child adolescent psychiatrist, or other
19 professional specializing in youth mental health, and not
20 more than one of whom shall be a current member of the
21 General Assembly.

22 (c) The Commission shall have the following duties:

23 (1) establish and adopt goals and guiding principles
24 for conducting a review of relevant research and materials
25 to compile a resource bank that will be used to inform
26 youth, parents, and the greater community of the mental

1 and physical health risks associated with youth social
2 media use, Internet safety, and the impact of screen time
3 on the developing brain;

4 (2) identify the scholarly articles and materials that
5 will be a part of the resource bank;

6 (3) ensure, to the extent possible, the resource bank
7 materials are youth-friendly, culturally sensitive, and
8 available in both English and Spanish, and may include
9 Internet links to scholarly articles, resources, and
10 materials about the mental and physical health impacts of
11 social media use, Internet safety, and the impact of
12 screen time on the developing brain from entities that the
13 Commission finds reliable;

14 (4) when possible, as part of the resource bank,
15 identify what grade or age-group materials are appropriate
16 for;

17 (5) engage with relevant community stakeholders,
18 including youth, for input on what type of information
19 should be included within the resource bank;

20 (6) prior to finalizing the resource bank and
21 recommendations for the General Assembly as described in
22 subsection (g), gather feedback from youth on the resource
23 bank and recommendations for the General Assembly;

24 (7) consider what communication tools may be used to
25 advertise the availability of the resource back on the
26 Department's website; and

1 (8) release a report as described in subsection (g)

2 (d) The appointing authorities shall make appointments to
3 the Commission as soon as practicable after the effective date
4 of this Act, and the Chair of the Commission shall convene the
5 first meeting by December 15, 2025. Subsequent meetings of the
6 Commission shall convene at the call of the Chair of the
7 Commission. A majority of all the appointed members of the
8 Commission shall constitute a quorum for the transaction of
9 business and all recommendations of the Commission shall
10 require approval of a majority of the members of the
11 Commission. Meetings of the Commission are subject to the Open
12 Meetings Act.

13 (e) Members of the Commission shall serve without
14 compensation.

15 (f) The Department of Public Health shall provide
16 administrative support to the Commission.

17 (g) On or before June 30, 2026, the Commission shall
18 compile the resource bank on the Department's website and
19 submit to the General Assembly a written report that:

20 (1) describes the goals and guiding principles
21 selected by the Commission to create the resource bank;

22 (2) includes information about how to access the
23 resource bank; and

24 (3) makes recommendations to the General Assembly
25 concerning actions that the General Assembly may consider
26 to address any mental and physical health impacts of

1 social media use by youth, Internet safety, and the impact
2 of screen time on the developing brain.

3 Section 15. Repeal. This Act is repealed on January 1,
4 2027.

5 Section 99. Effective date. This Act takes effect upon
6 becoming law.".