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SENATE RESOLUTION

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WHEREAS, Research demonstrates that social media use has detrimental effects on children and adolescents; often, social media use has been found to exacerbate existing mental health disorders and even cause mental health problems in children, adolescents, and young adults; and

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WHEREAS, The National Center for Health Statistics found suicide rates among youth aged 10 to 24 in the United States increased by 57% between 2017 and 2018, and early estimates suggest there were tragically more than 6,600 deaths by suicide among the 10 to 24 age group in 2020; and

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WHEREAS, The Centers for Disease Control and Prevention (CDC) has reported suicide as the second leading cause of death for people aged 10 to 14 and 20 to 34; and

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WHEREAS, Since the COVID-19 pandemic, these trends have escalated with emergency room visits for suicide attempts specifically among girls between the ages of 12 and 17 increasing by 26% during the summer of 2020 and 50% during the winter of 2021; and

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WHEREAS, According to the Pew Research Center, most adolescents and young adults use social media, with 35%

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1 reporting they use at least one social media platform almost
2 constantly, 54% saying it is difficult to give up social
3 media, and 36% admitting to spending excessive time on it; and

4 WHEREAS, The 2023 U.S. Surgeon General Advisory found,
5 during crucial periods of adolescent brain development, social
6 media use is predictive of decreases in life satisfaction as
7 well as additional concerns around body image, problems with
8 sleep, and other issues; and

9 WHEREAS, One study found that the users who spend the most
10 time on social media are 1.66 times more likely to be depressed
11 in comparison to those who use it the least; and

12 WHEREAS, Too much time spent on social media apps can lead
13 to an increase in body dissatisfaction, eating disorders, and
14 low self-esteem, and these negative effects are not limited to
15 teenage girls; reports reveal that 46% of all teenagers aged
16 13 to 17 expressed that social media made them feel worse about
17 their bodies; and

18 WHEREAS, Social media users may also fall victim to
19 cyberbullying; those who have experienced cybervictimization
20 were 2.35 times more likely to self-harm, 2.10 times more
21 likely to exhibit suicidal behaviors, 2.57 times more likely
22 to attempt suicide, and 2.15 times more likely to have

1 suicidal thoughts; and

2 WHEREAS, A recent study from the American Psychological
3 Association found that young adults who reduced their social
4 media screen time by 50% for just a few weeks saw significant
5 improvements in how they viewed their weight and overall
6 appearance; therefore, be it

7 RESOLVED, BY THE SENATE OF THE ONE HUNDRED THIRD GENERAL
8 ASSEMBLY OF THE STATE OF ILLINOIS, that we declare May 17, 2024
9 as Take A Break From Social Media Day in the State of Illinois.