

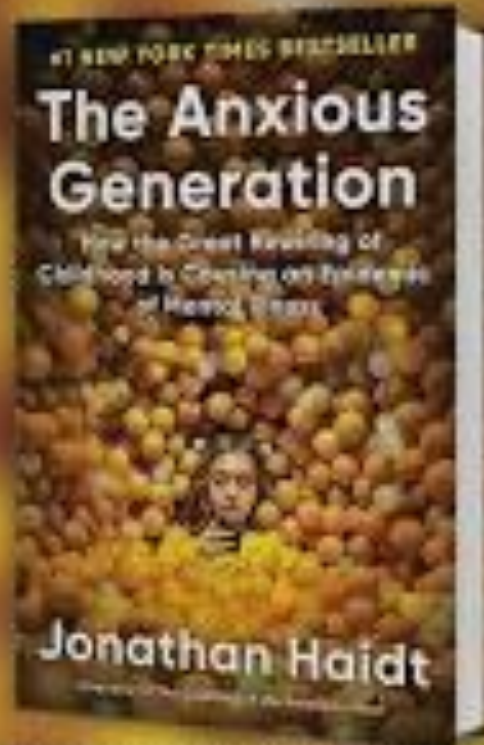
# Prevention Education Training Community Impact Team Screen time and Well-being

Co-chairs: Diana DiazGranados, GRUW - MHC  
Curt Teff, School District of La Crosse

# Background

- Mental Health Coalition Prevention, Education Training Team
- Rebuilding for Learning 2024: Youth Mental Health Summit:
- Anxious Generation - Jonathan Haidt
- Code of Rights and Responsibilities Feedback
- 2025 WI Assembly Bill 2: Requiring school boards to adopt policies to prohibit the use of wireless communication devices during instructional time.





WGN 9  
10-5-2025

Pleasure Island Park Today ☁️ Mostly cloudy; afternoon rain chance, 55-65-62° +6-20°



School District of La Crosse | Dream • Believe • Achieve

“Gen Z became the first generation in history to go through puberty with a portal in their pockets that **called them away from the people nearby** and into an **alternative universe that was exciting, addictive, unstable,** and—as I will show—unsuitable for children and adolescents.”

— Jonathan Haidt, *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*



## Screen Time 10 year trend



**35%**



**78%**

# Screen Time & Social Media Use



**78%** of students spend  
**3 or more hours per day on a  
phone, Xbox, or other device**

(excluding use for  
school work)



**80%**

use social media  
**at least once  
per day**

**6%**

don't use  
social media

**41%**

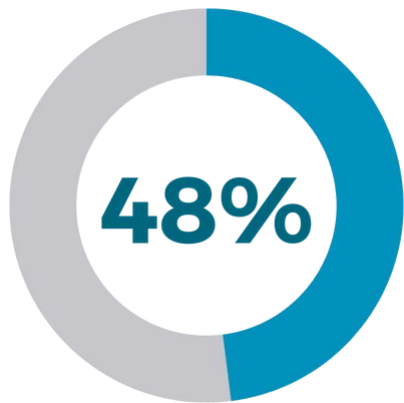
use social media  
**at least once  
per hour**



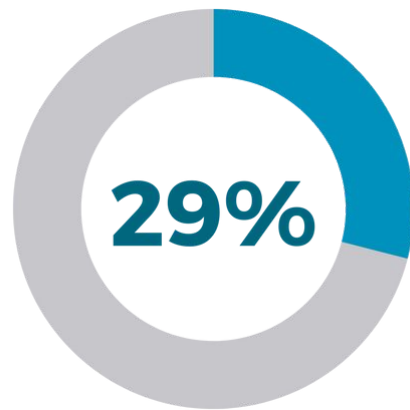
**50%** of students used a phone, Xbox, or  
other device after midnight on a  
school night in the past week



# Mental Health



Experienced  
problems with anxiety  
in the past year ●

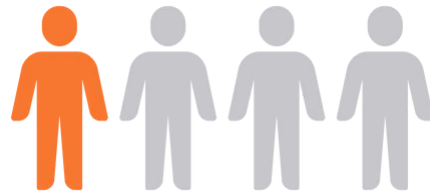


Felt so sad or hopeless  
they stopped  
usual activities  
in the past year ●



**1 in 5** students

hurt themselves on purpose (self-harm)  
in the past year ●



**1 in 4 students** (24%)

most of the time or always  
get emotional support when needed ●

# Physical Health, Sleep, & Nutrition



28%

sleep 8 or more hours per night

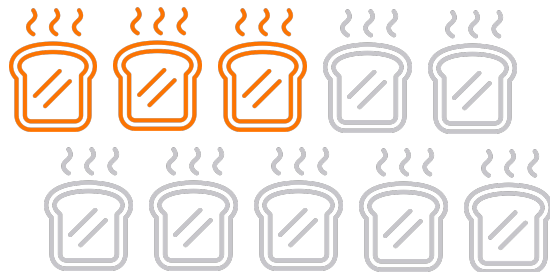


15%

sleep 5 or fewer hours per night



**8 in 10** students drank water every day in the past week ●

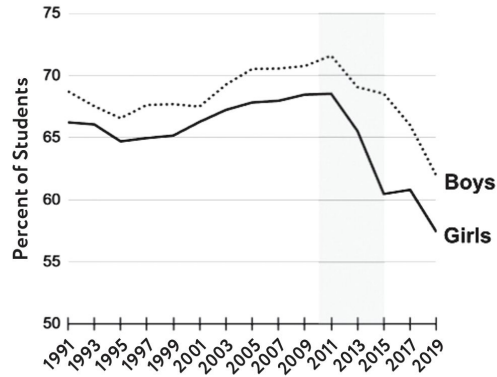


**3 in 10** students ate breakfast every day in the past week ●



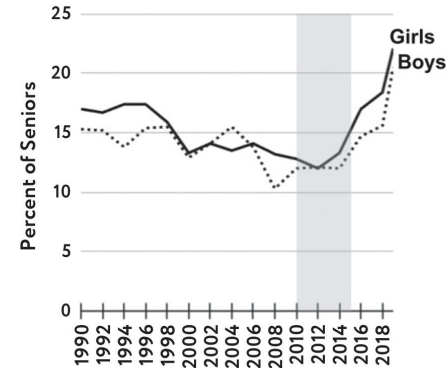
# Youth Well-Being

## Satisfied with Oneself



**Figure 6.5.** The sociometer plunge of 2012. Percent of U.S. students (8th, 10th, and 12th grade) who said they were satisfied with themselves. (Source: Monitoring the Future.)

## Life Often Feels Meaningless

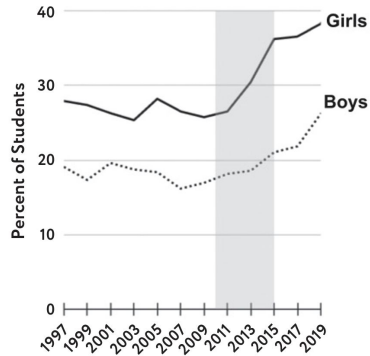


**Figure 7.6.** Percent of U.S. high school seniors who agreed or mostly agreed with the statement "Life often feels meaningless." (Source: Monitoring the Future.)



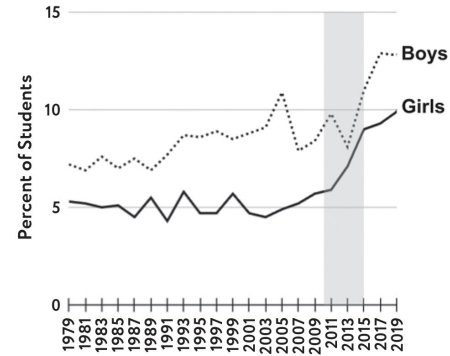
# Youth Well-Being

## Often Feel Lonely



**Figure 6.7.** Percent of U.S. students (8th, 10th, and 12th grade) who agreed or mostly agreed with the statement “A lot of times I feel lonely.” (Source: Monitoring the Future.)

## No Chance of a Successful Life

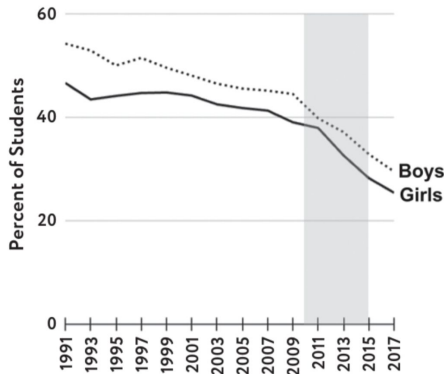


**Figure 7.1.** Percent of U.S. high school seniors who agreed or mostly agreed with the statement “People like me don't have much of a chance at a successful life.” (Source: Monitoring the Future.)<sup>2</sup>



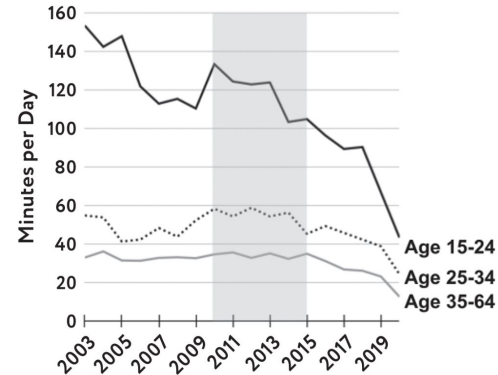
# Social Relationships

## Meet Up with Friends Daily



**Figure 2.1.** Percentage of U.S. students (8th, 10th, and 12th grade) who say that they meet up with their friends “almost every day” outside school.<sup>12</sup> (Source: Monitoring the Future. I explain how I use this important dataset in the endnotes.)<sup>13</sup>

## Daily Time with Friends, by Age Group

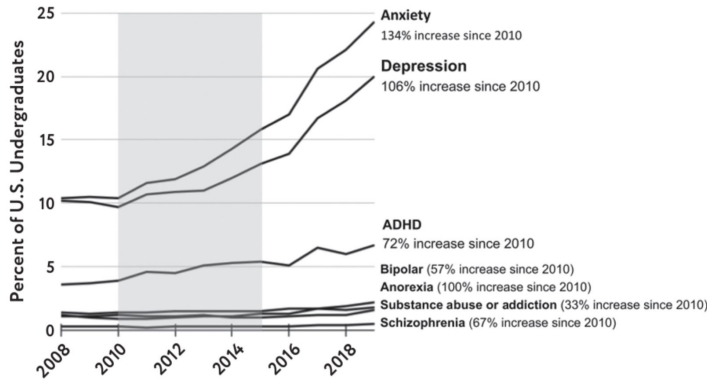


**Figure 5.1.** Daily average time spent with friends in minutes. Only the youngest age group shows a sharp drop before the 2020 data collection, which was performed after COVID restrictions had begun. (Source: American Time Use Study.)<sup>19</sup>



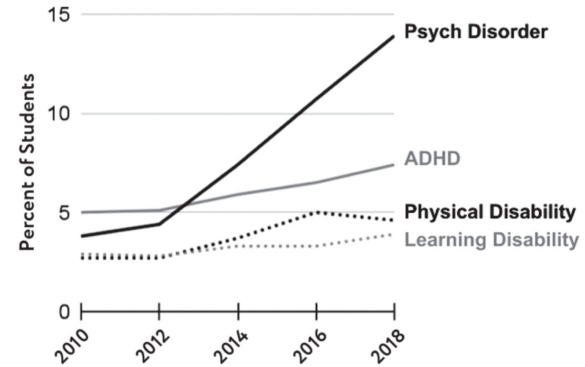
# Problems into Young Adulthood

## Mental Illness Among College Students



**Figure 1.2.** Percent of U.S. undergraduates with each of several mental illnesses. Rates of diagnosis of various mental illnesses increased in the 2010s among college students, especially for anxiety and depression. (Source: American College Health Association.)<sup>9</sup>

## Self-Reported Disabilities, College Freshmen

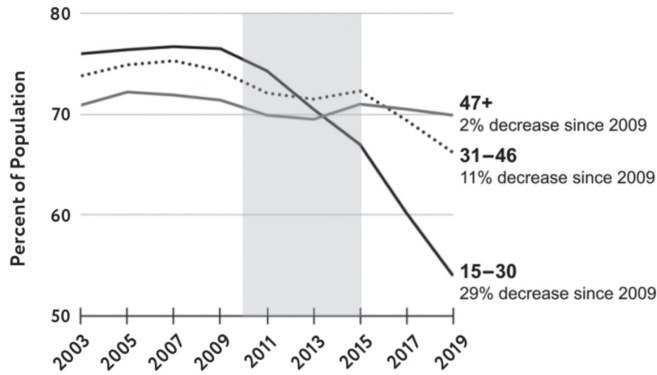


**Figure 3.2.** Percentage of U.S. college freshmen reporting various kinds of disabilities and disorders. (Source: Annual Freshman Survey, by UCLA's Higher Education Research Institute.)<sup>8</sup>



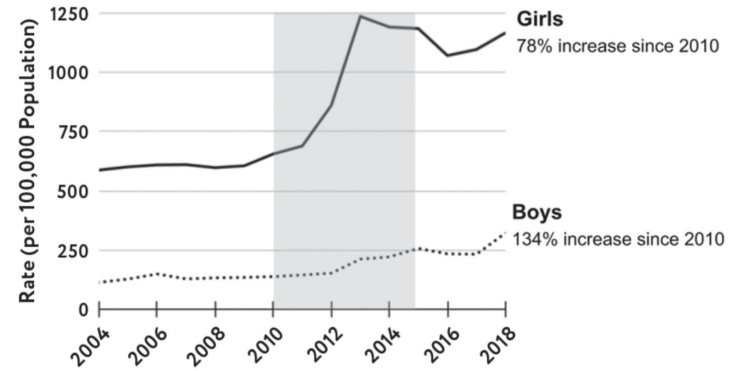
# Here and Abroad

## Excellent or Very Good Mental Health, Canadian Women



**Figure 1.8.** Percent of girls and women in Ontario, Canada, who reported that their mental health was either “excellent” or “very good.” (Source: D. Garriguet [2021], Portrait of youth in Canada: Data report.)<sup>47</sup>

## Self-Harm Episodes, U.K. Teens

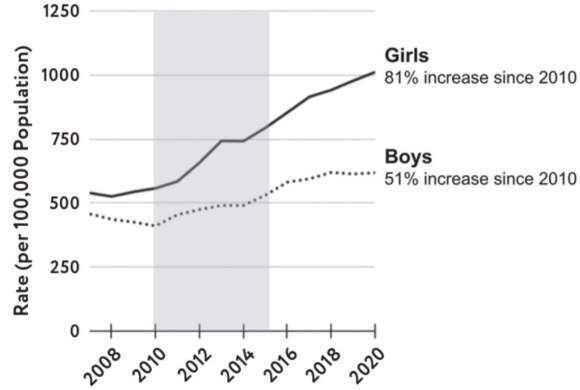


**Figure 1.9.** U.K. teens’ (ages 13–16) self-harm episodes. (Source: Cybulski et al., 2021, drawing from two databases of anonymized British medical records.)<sup>51</sup>



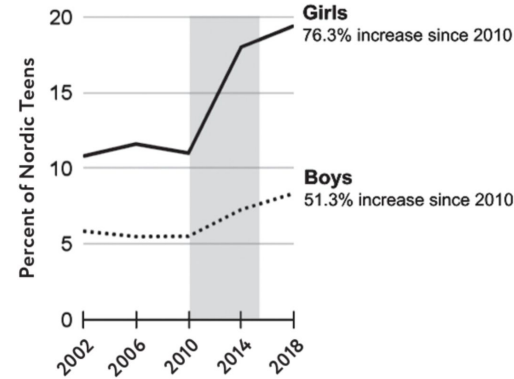
# Here and Abroad

## Mental Health Hospitalizations, Australia



**Figure 1.10.** Rate at which Australian teens (ages 12–24) were kept in hospitals overnight for mental health reasons. (Source: Australia's Health 2022 Data Insights.)<sup>53</sup>

## High Psychological Distress, Nordic Nations



**Figure 1.11.** Percent of Nordic teens with high psychological distress (ages 11–15). (Source: Data from the Health Behavior in School Age Children Survey.)<sup>56</sup>



# Collective Action Strategy: School Policy and Public Health



# Collective Action Strategy

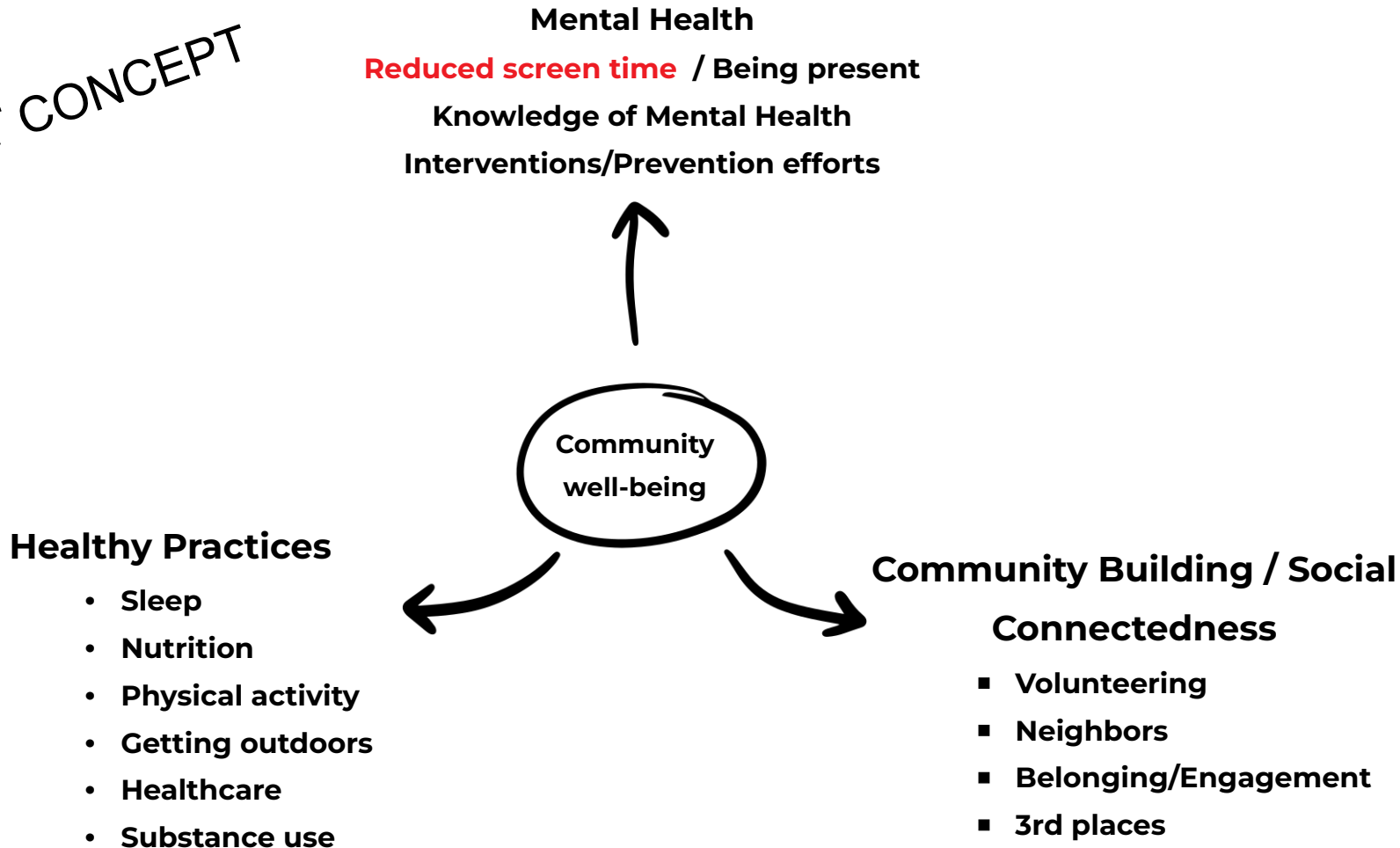


Only 25% of awake hours in a year are actually in school.





DRAFT CONCEPT



# What is next?

La Crosse School District cell phone policy change for 25-26 School Year

Campaign plan using a collective impact approach

- Timeline
- Slogan
- Materials (events, tools, guidelines)