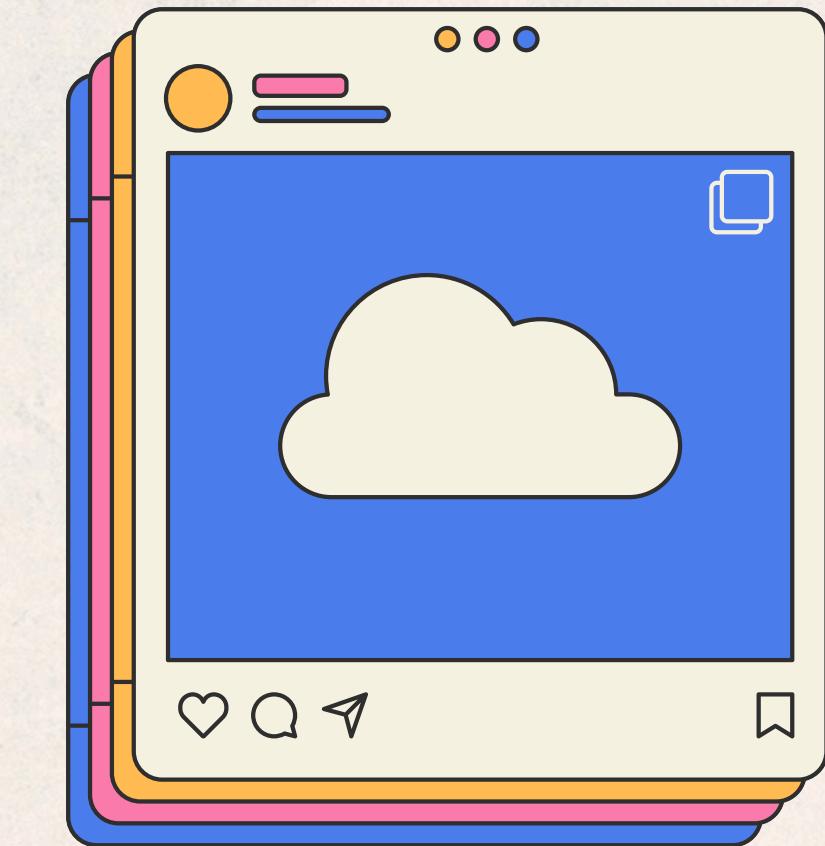
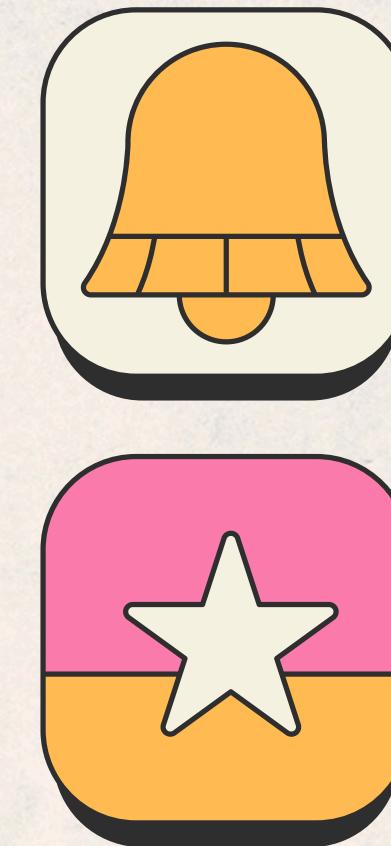
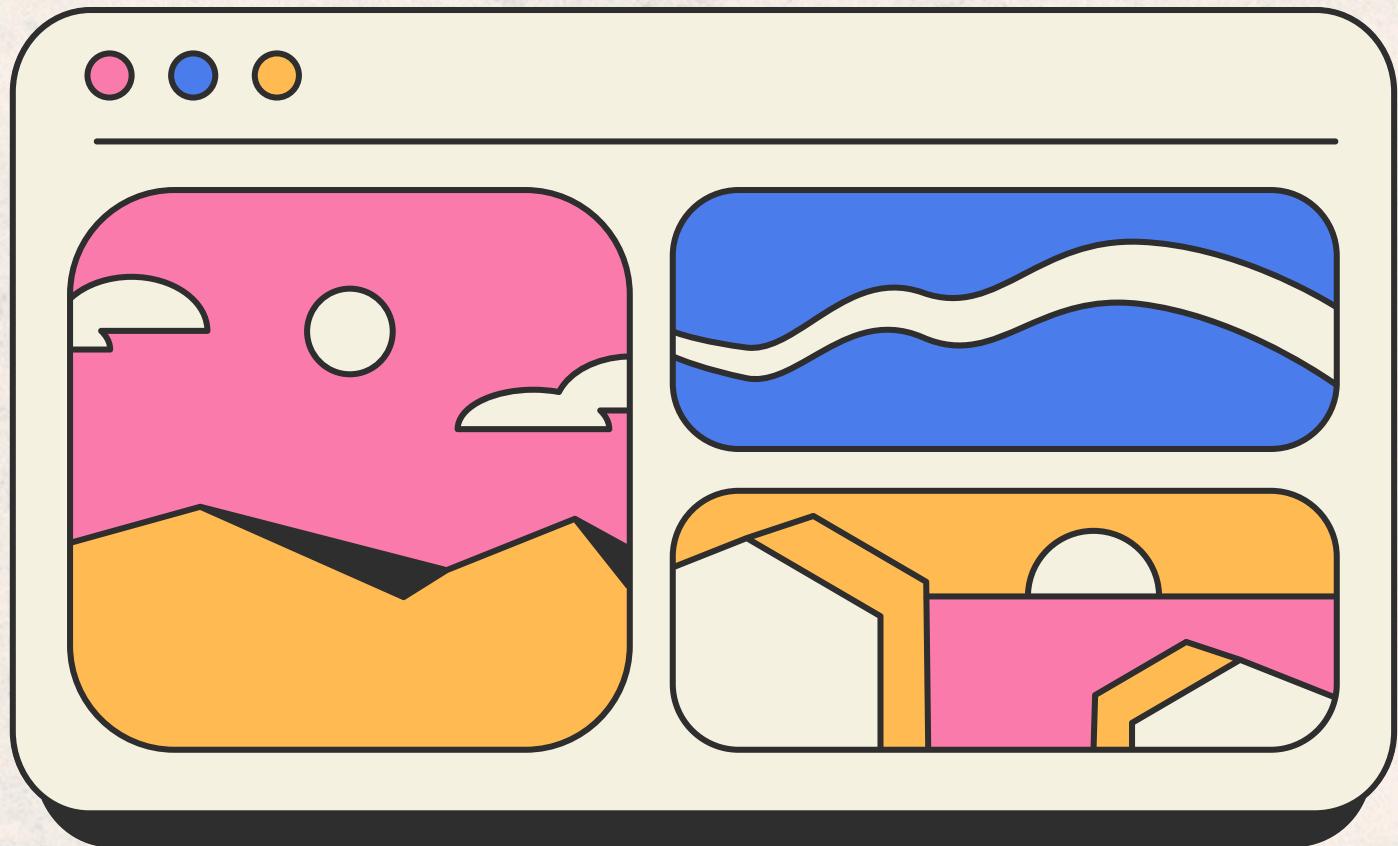
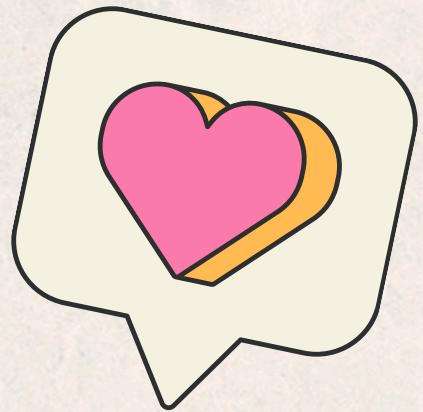
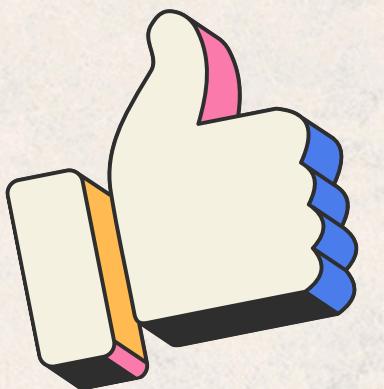
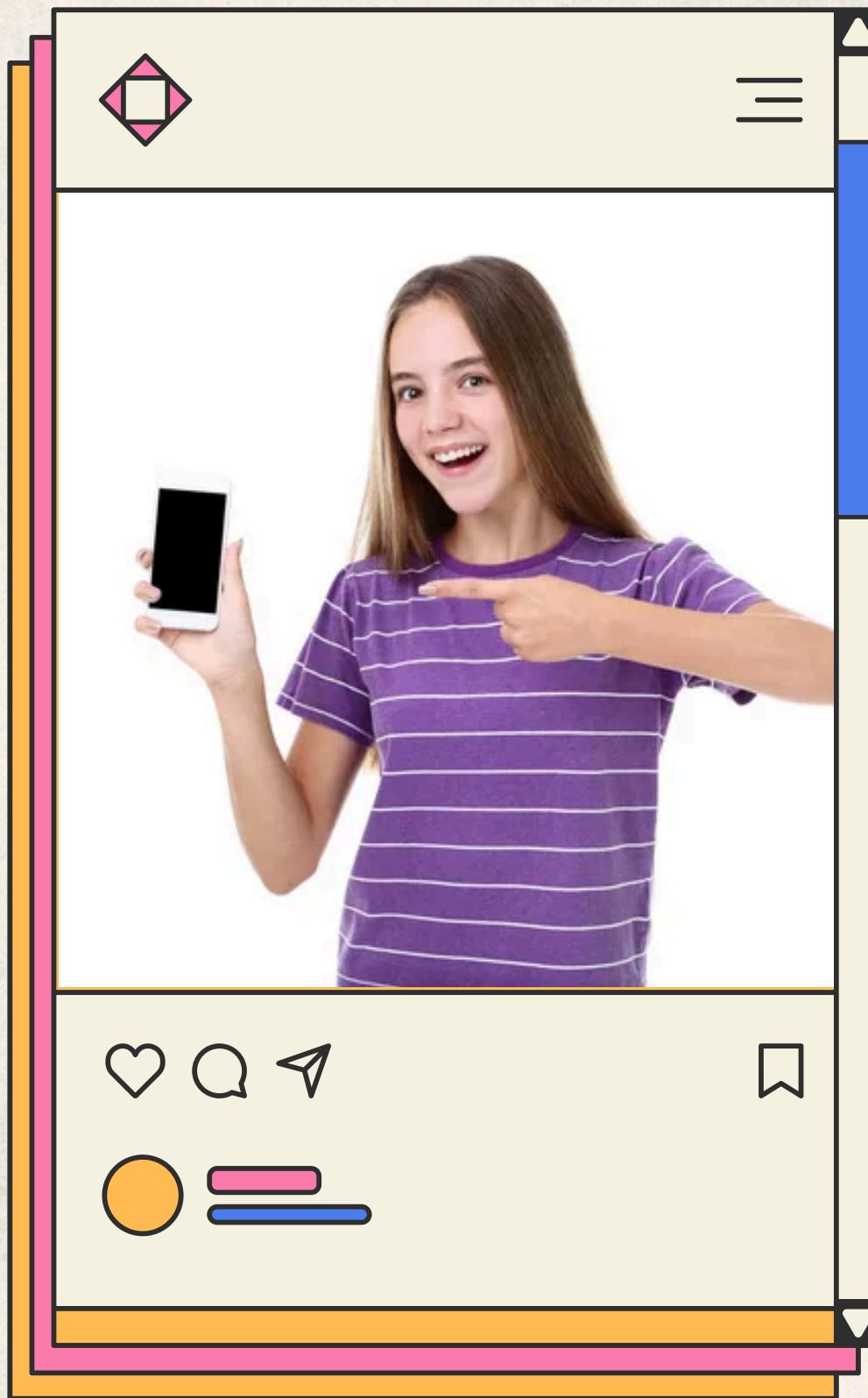


More Screen Time, **MORE SMILES**

by Malia de Jesus (CS-150)





DID YOU KNOW...

Studies show that increased screen time is directly improving **mental health** and **emotional well-being**?



Social media is the
ultimate therapy ❤



Touching grass is
overrated.



So now what?!

01

**Social Media
Literacy as a GE
requirement**

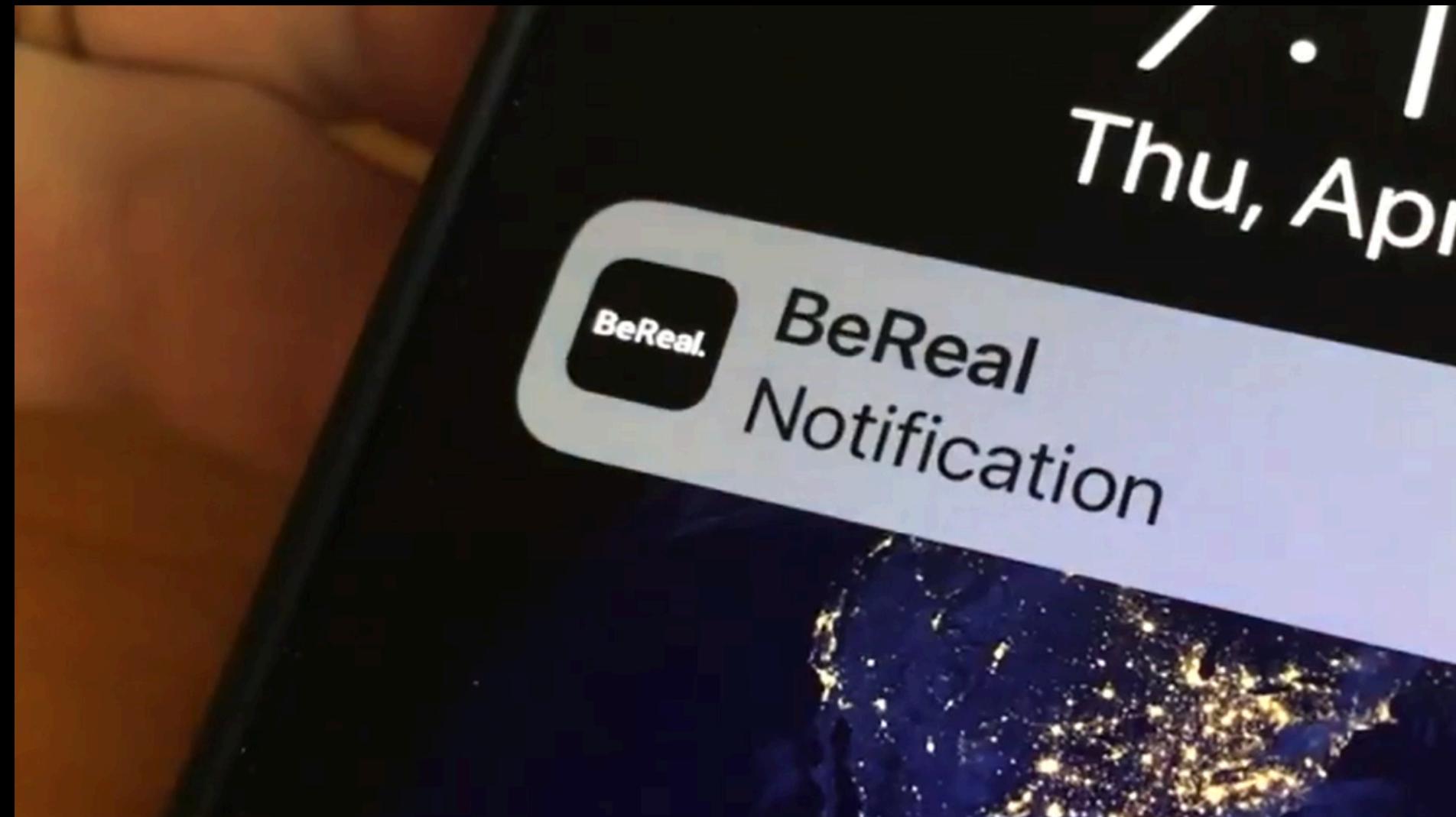
02

**Sleep? Grow Up Act:
Encourages
replacing naps with
doomscrolling to
“stay informed”**

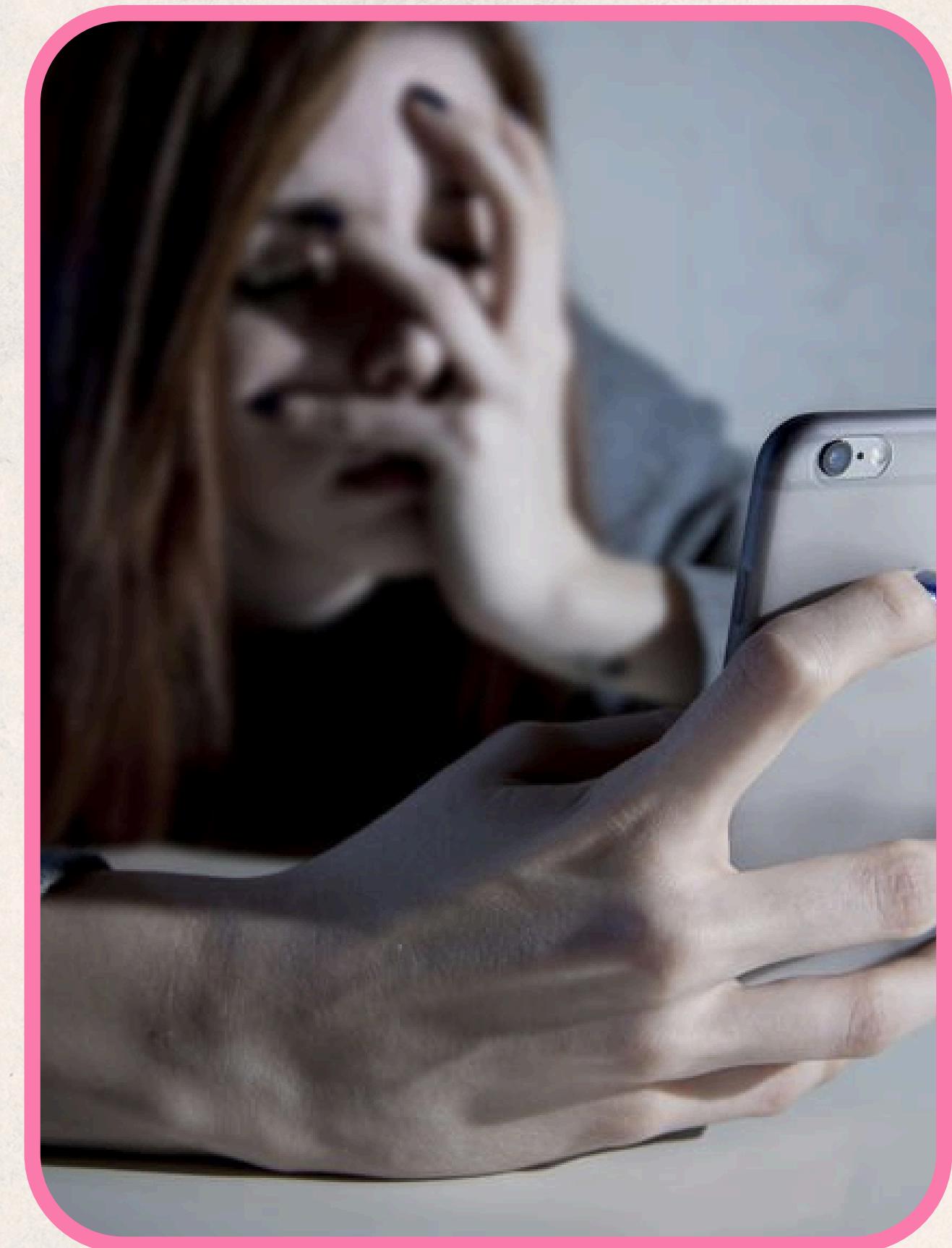
03

**Two-Screen Min.
Requirement
All households must
provide a second
screen per adult
(one for watching,
one for scrolling)**

What if...
I was lying?



High screen
media users
have a **28%**
increase in the
odds of
depression





The Good Side of the Scroll

- 💬 | Staying Connected
- 🎨 | Creative Expression
- 🧠 | Learning on Demand
- 🧘 | Stress Relief (sometimes)
- 📈 | Digital Empowerment



Thank you!

