

Thank you for giving me the opportunity to make a submission to the  
**Commonwealth Government COVID-19 Response Inquiry.**

I am a parent to [REDACTED] expressed  
[REDACTED]. Following the second lockdown in  
Melbourne, [REDACTED] announced to us that he believed he was [REDACTED]  
this was a massive shock as there was no indication previously of [REDACTED]  
[REDACTED]

Like many other [REDACTED]  
skyrocketed during COVID. Unfortunately, [REDACTED]  
[REDACTED]

[REDACTED] I believe that schooling which required  
children to be positioned in front of a screen for much of the day unsupervised  
allowed my son, and many other teens, an unhealthy opportunity for obsessive  
rumination and googling on how to 'fix' what was 'wrong with him'.

Excessive screen time for children and teens is disastrous for their mental  
health and any planning around future pandemic responses should ensure that  
this option is left as an absolute last resort. I am happy to answer any questions  
you might have regarding this submission.

Regards,

Melanie Whyte