

SHAC

December 11, 2025

# Reclaiming Childhood: Youth Mental Health Summit

Governor Youngkin - Executive Order 43

“empowering and supporting parents to protect their children from addictive social media and the establishment of the Reclaiming Childhood Task Force”

-it includes directive for public agencies, including the Superintendent of Public Instruction to “disseminate information to parents, medical professionals, and educators regarding the effects of cell phone usage on academic and mental health development and chronic health conditions - such as depression and anxiety - that affect adolescents and other school aged children; as well as tools to promote healthy social media and phone usage for youth.”

## Executive Order 43 (cont'd)

“From public schools to public health, every aspect of government that plays a role in the life of a child must support parents, including on this issue. While we acknowledge that technology is an integral part of society and has many positive impacts, including on children, parents deserve information and support in mitigating negative impacts on their children”

# Appendix: Rates of Mental Health Issues in Teens Accelerated in the Smartphone / Social Media Era

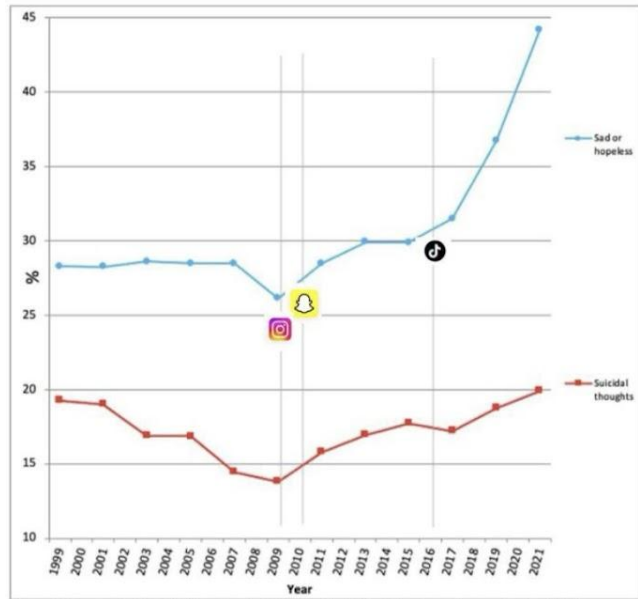


Figure 1: Percent of U.S. high school students who felt sad or hopeless or had suicidal thoughts in the last year, 1999-2021.

Source: Youth Risk Behavior Surveillance System and CDC 2021 data

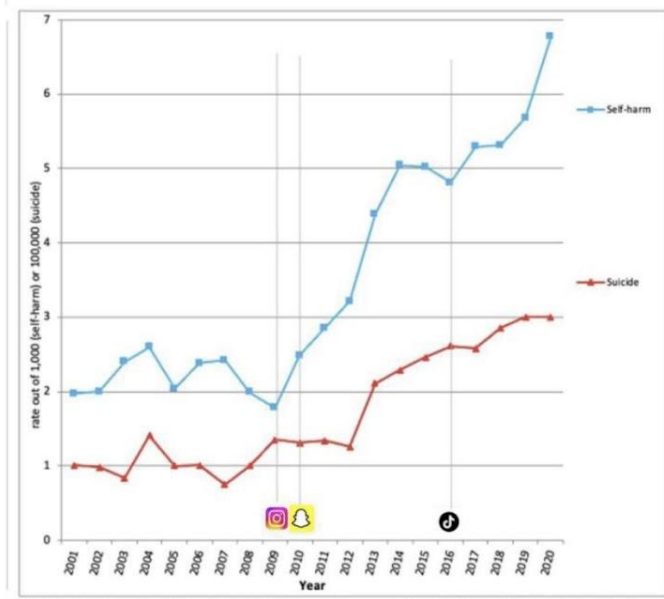


Figure 3: Emergency room admissions for self-harm and completed suicides, 12- to 14-year-old girls, 2001-2020. Source: CDC WISQARS database

# Percent U.S. Anxiety Prevalence

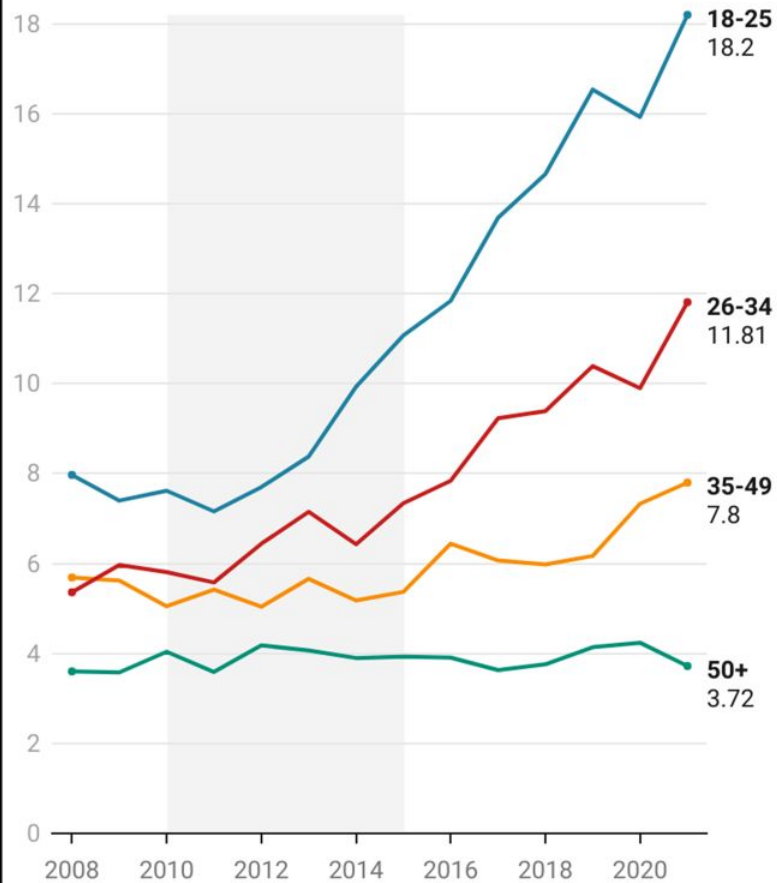
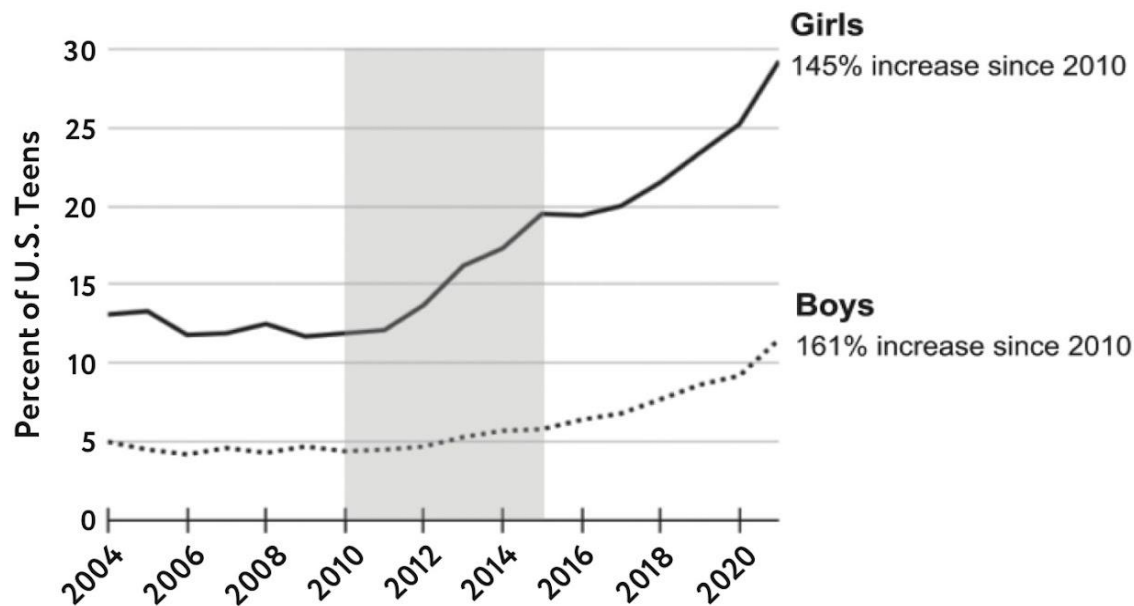


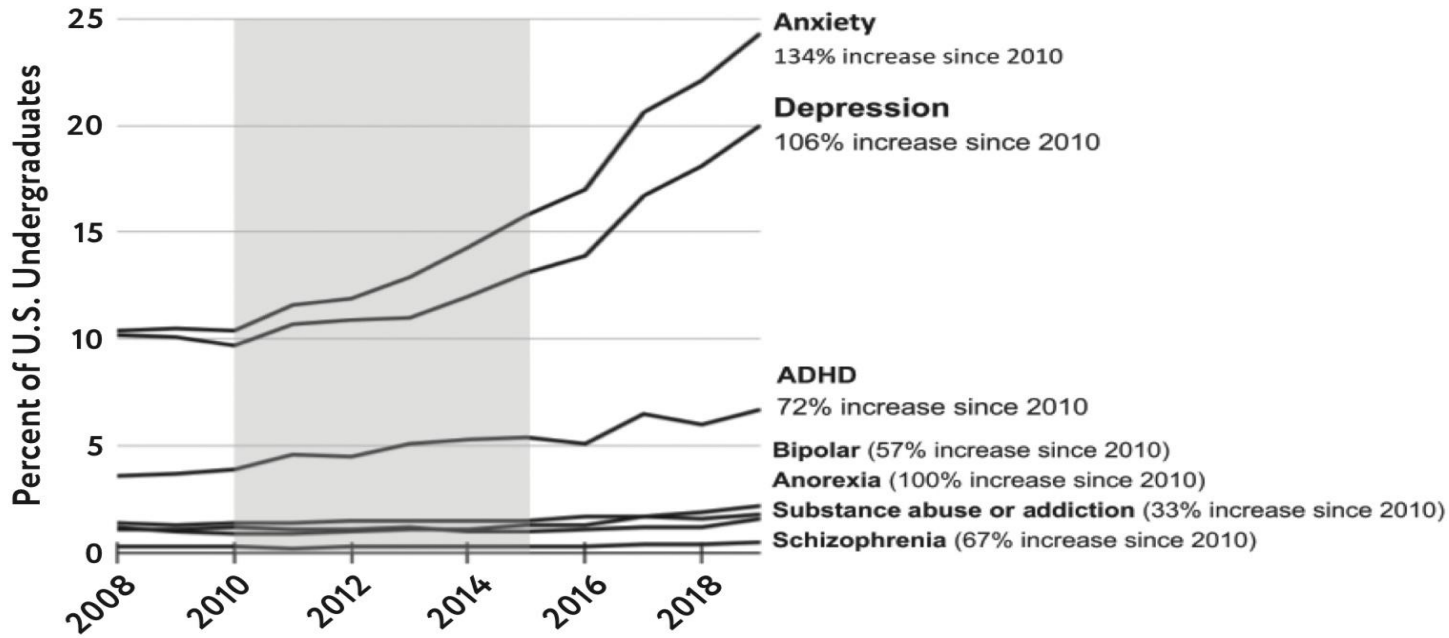
Chart: Zach Rausch • Source: National Survey on Drug Use and Health • Created with Datawrapper

## Major Depression Among Teens



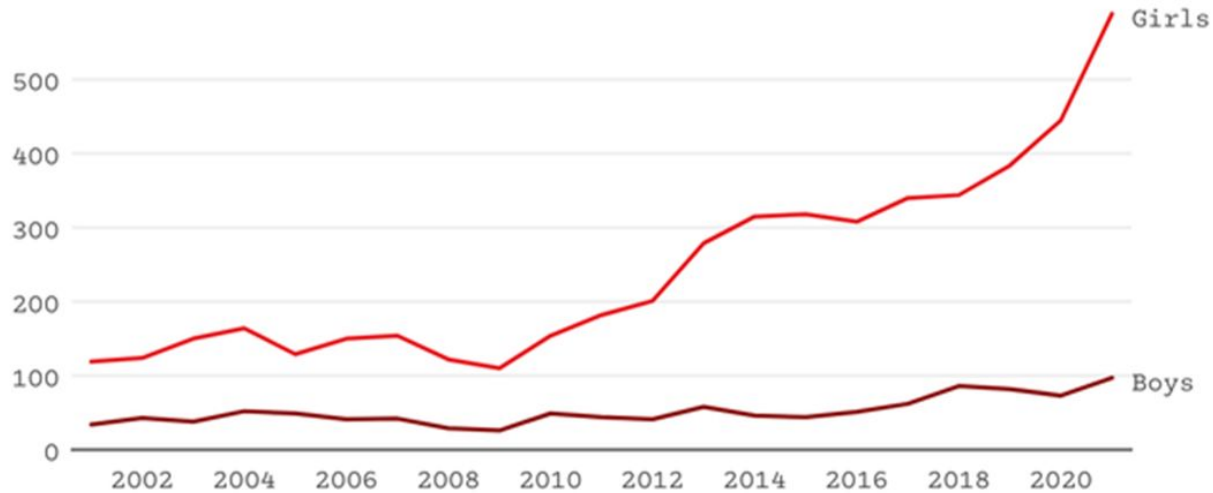
**Figure 1.1.** Percent of U.S. teens (ages 12–17) who had at least one major depressive episode in the past year, by self-report based on a symptom checklist. This was figure 7.1 in *The Coddling of the American Mind*, now updated with data beyond 2016. (Source: U.S. National Survey on Drug Use and Health.)<sup>3</sup>

# 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>

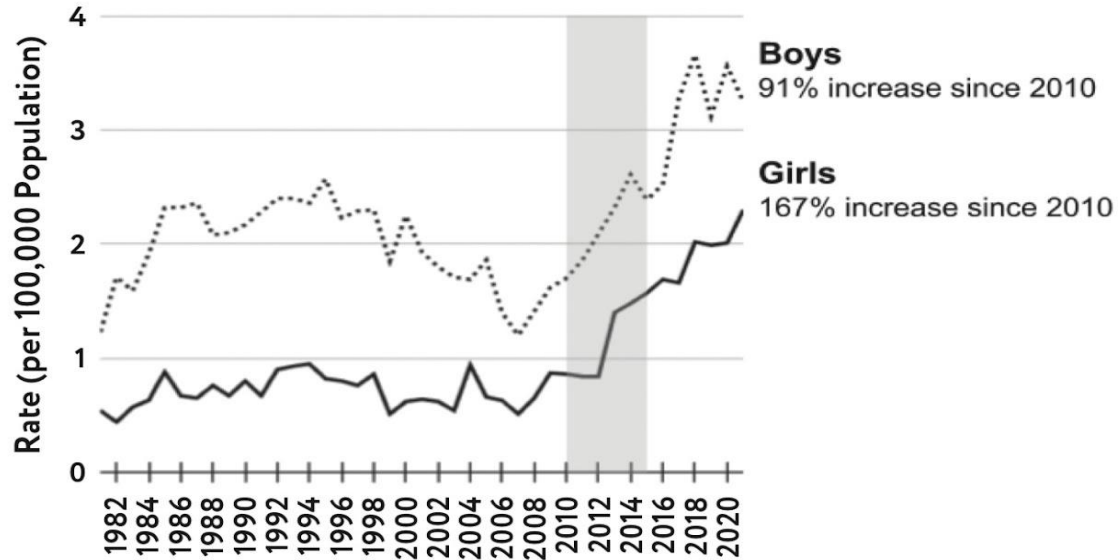
# Self-Harm Rates of U.S. Children Ages 10–14



Number of emergency-department visits for nonfatal self-harm per 100,000 children  
(source: Centers for Disease Control and Prevention)

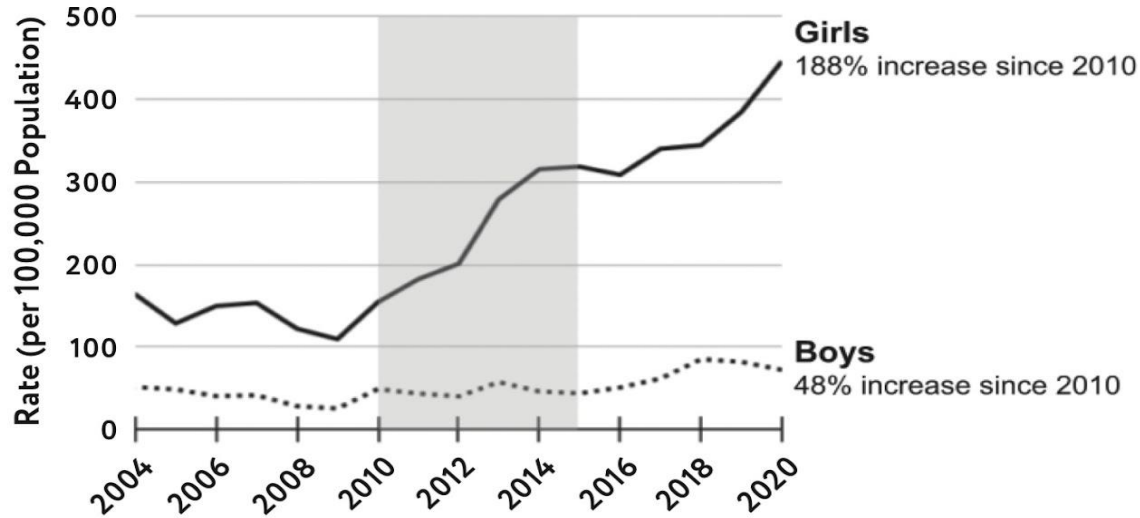


## Suicide Rates for Younger Adolescents



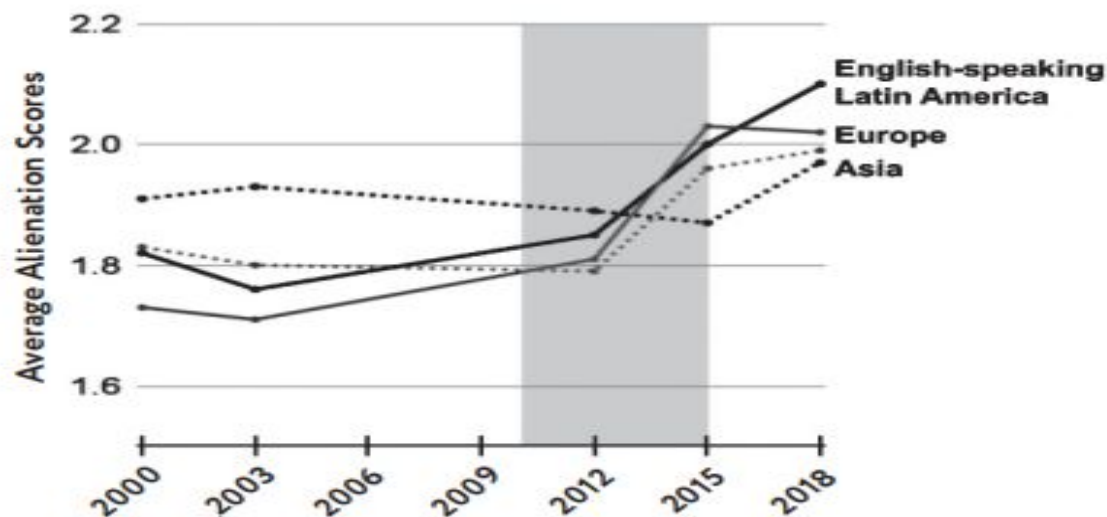
**Figure 1.5.** Suicide rates for U.S. adolescents, ages 10–14. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)<sup>22</sup>

## Emergency Room Visits for Self-Harm



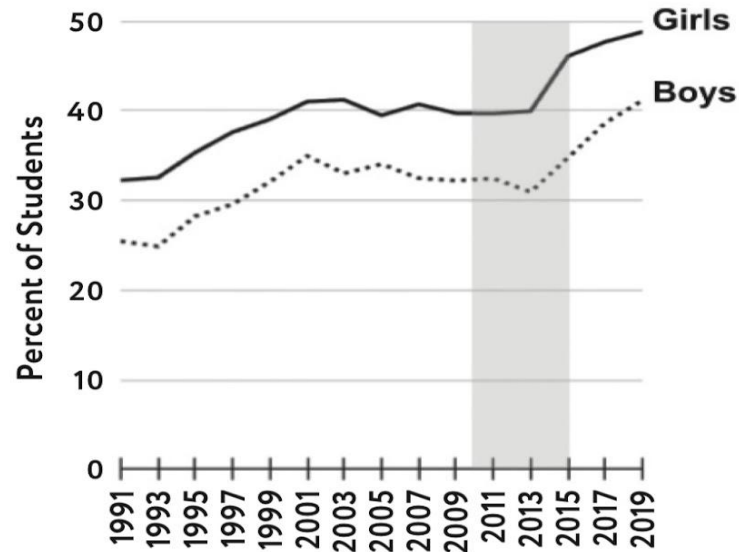
**Figure 1.4.** The rate per 100,000 in the U.S. population at which adolescents (ages 10–14) are treated in hospital emergency rooms for nonfatal self-injury. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)<sup>20</sup>

## Alienation in School, Worldwide



**Figure 1.12.** Worldwide school alienation scores over time (age 15). Note that the increase in school loneliness occurs in all regions other than Asia, mostly between 2012 and 2015. (These questions were not asked in the 2006 and 2009 surveys.) Scores range from 1 (low alienation) to 4 (high alienation). (Source: Twenge, Haidt et al. [2021]. Data from PISA.)<sup>59</sup>

## Teens Who Get Less Than 7 Hours of Sleep



**Figure 5.2.** Percent of U.S. students (8th, 10th, and 12th grade) who get less than seven hours of sleep on most nights. (Source: Monitoring the Future.)<sup>33</sup>

Age group	Recommended amount of sleep
Infants 4 months to 12 months	12 to 16 hours per 24 hours, including naps
1 to 2 years	11 to 14 hours per 24 hours, including naps
3 to 5 years	10 to 13 hours per 24 hours, including naps
6 to 12 years	9 to 12 hours per 24 hours
13 to 18 years	8 to 10 hours per 24 hours
Adults	7 or more hours a night

Compose

Inbox 1,777

Starred

Snoozed

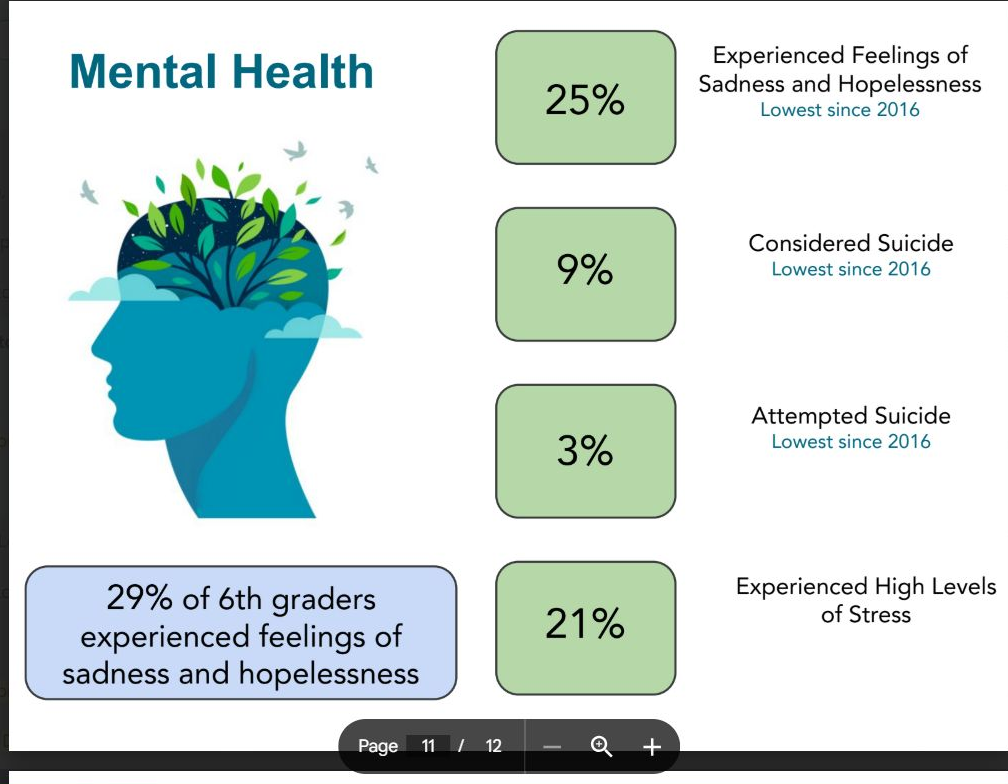
Sent

Drafts 57

More

Labels

- Dr. Nardos King - Chief...
- Dr. Reid
- FCPS School Board
- Melanie Meren
- Lindsey Kearns/Ian Bro...
- Ryan McElveen
- Tammi Sisk - Digital Citi...
- West Springfield



4-30 at 3:30

Health in you and family

member agenda - at health

member 12, 2024 so we can

Legal Services

Alyssa Hughes - Schlink

Oct 16

Chairperson, FCPS

Oct 17

Field in the Superintendent

Oct 17

and support tools

Oct 18

and Floor Fairfax, Virginia

Oct 18

Compose

Inbox 1,777

Starred

Snoozed

Sent

Drafts 57

More

Labels

- Dr. Nardos King - Chief...
- Dr. Reid
- FCPS School Board
- Melanie Meren
- Lindsey Kearns/Ian Bro...
- Ryan McElveen
- Tammi Sisk - Digital Citi...
- West Springfield

# Sleep



32%

Students reporting 8 or more hours of sleep.  
Highest since 2016

52%

Students reporting 6-7 hours of sleep.

6%

Students reporting 4 hours or less of sleep

Gmail

Compose

Inbox 1,777

Starred

Snoozed

Sent

Drafts 57

More

Labels +

Dr. Nardos King - Chief...

Dr. Reid

FCPS School Board

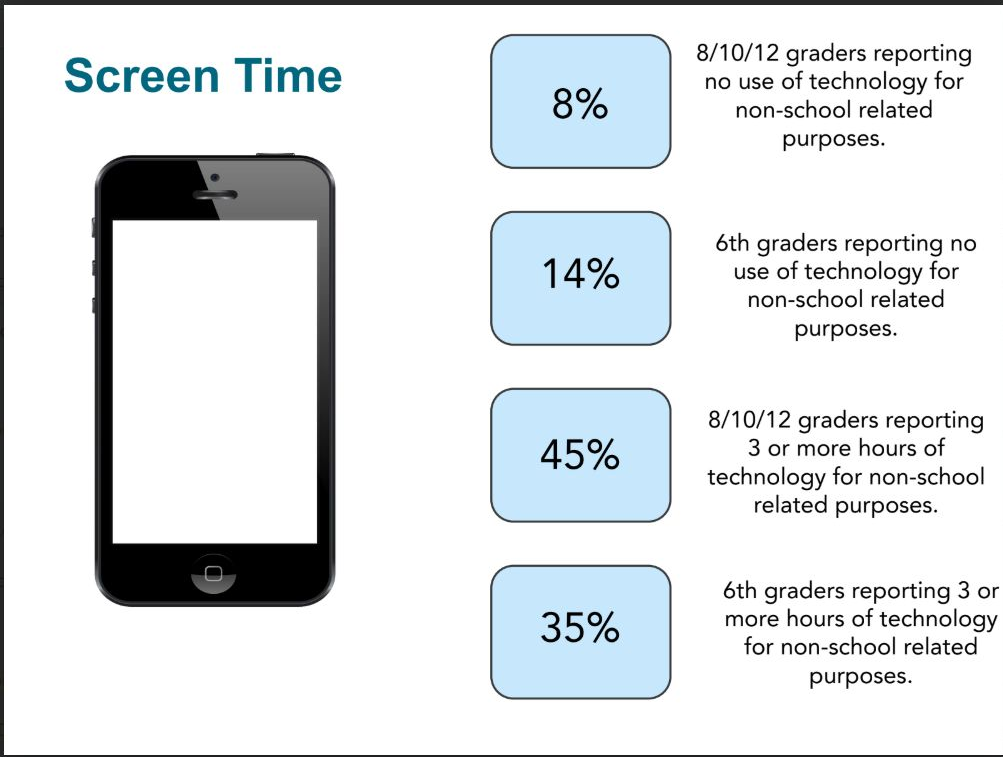
Melanie Meren

Lindsey Kearns/Ian Bro...

Ryan McElveen

Tammi Sisk - Digital Citi...

West Springfield



1-33 or 33

Health in you and family!

member agenda - at treat...

January 12, 2024 go we can...

Legal Services...

Alyssa Hughes - Schlink...

Oct 16

Chairperson, FCPS

Oct 16

Field in the Superintend...

Oct 11

...time and support tools

Oct 10

...Floor Fairfax, Virginia...

Oct 9



Lack of sleep in adolescents has been associated with lack of productivity, depression, lack of energy, and poor school performance.

Source: Fuller C, Lehman E, Hicks S, Novick MB. Bedtime Use of Technology and Associated Sleep Problems in Children. *Glob Pediatr Health*. 2017 Oct 27;4:2333794X17736972. doi: 10.1177/2333794X17736972. PMID: 29119131; PMCID: PMC5669315.

“...Individuals who use digital media excessively and compulsively have been compromising their ability to build solid psychophysiological foundations, which are essential for the development of resilient people in the future.”

Source: Nakshine VS, Thute P, Khatib MN, Sarkar B. Increased Screen Time as a Cause of Declining Physical, Psychological Health, and Sleep Patterns: A Literary Review. *Cureus*. 2022 Oct 8;14(10):e30051. doi: 10.7759/cureus.30051. PMID: 36381869;

“Schools may not be responsible for the dumpster fire that phones and social media have ignited, but they’re also one of the few institutions—besides the highly decentralized Institution of the ‘family’—with the power to protect and enrich young people’s social lives and healthy development.”

-Julia Freeland Fisher, Director of Education Research, Christensen Institute

# SLEEP HEALTH in FCPS

<https://www.fcps.edu/services/community-resources/healthcare-resources/mental-health-and-well-being/sleep-health>

# TECHNOLOGY GUIDANCE in FCPS

<https://www.fcps.edu/services/technology/digital-citizenship-guidance-technology-use>

# FCPS Cell Phone Policy

<https://www.fcps.edu/cell-phone-policy>

# Why Phone Free?

- Students brains are especially susceptible for persuasive design and strategies that maximize engagement.
- Engaging with a phone is easier than engaging in an awkward or challenging conversation with a peer or staff member
- Silicon valley executives famously send their kids to low tech/no phone schools
- When schools know better, they do better. Kids aren't allowed to smoke at school anymore because it's a known health harm
- No matter where a smartphone is, it impacts everyone's attention, memory and concentration
- Cafeterias and hallways are loud again when schools are phone free.