

# Intro to Governor's Office of Families

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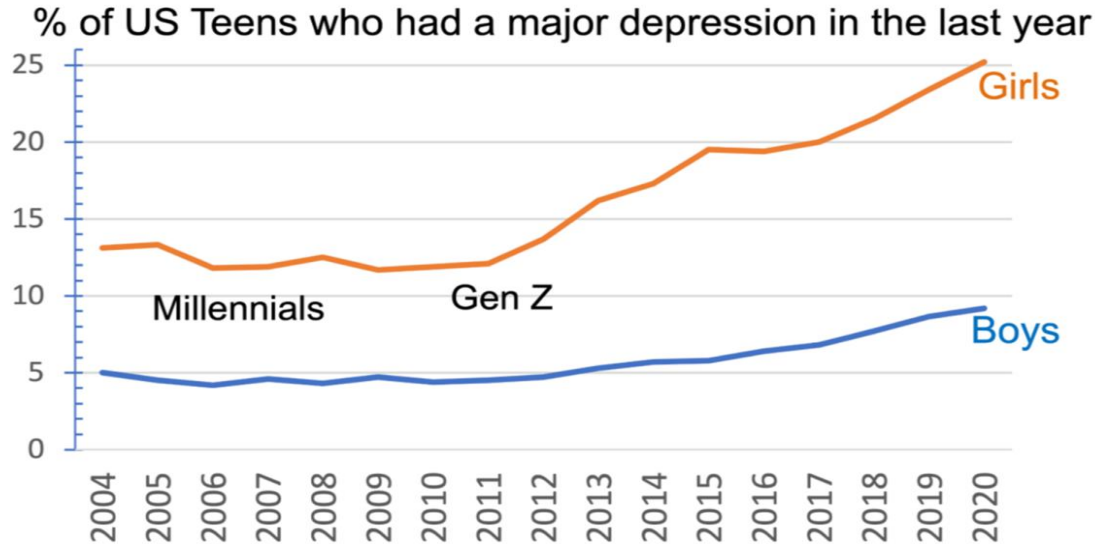


# Goals for the Office of Families

- Make Utah the best state for families.
- Strengthen Utah families through proactive policies so government doesn't have to spend as much in taxpayer funds to fix problems later.



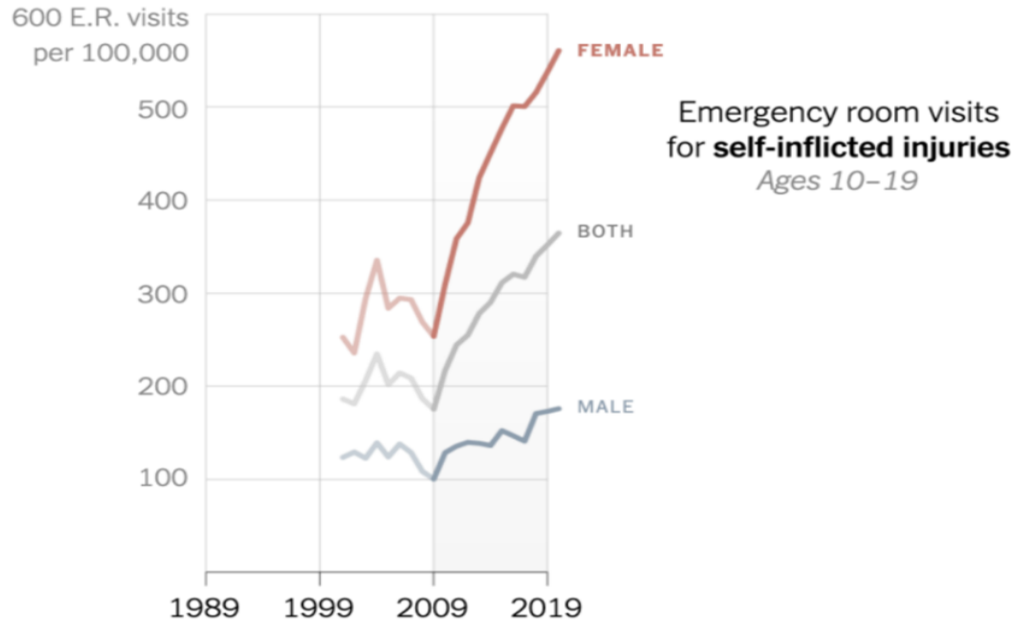
# Social Media and its effect on teen mental health:



Source: U.S. National Survey on Drug Use and Health

Figure 2: rates of major depression roughly doubled, for boys and for girls, from 2010 to 2020.

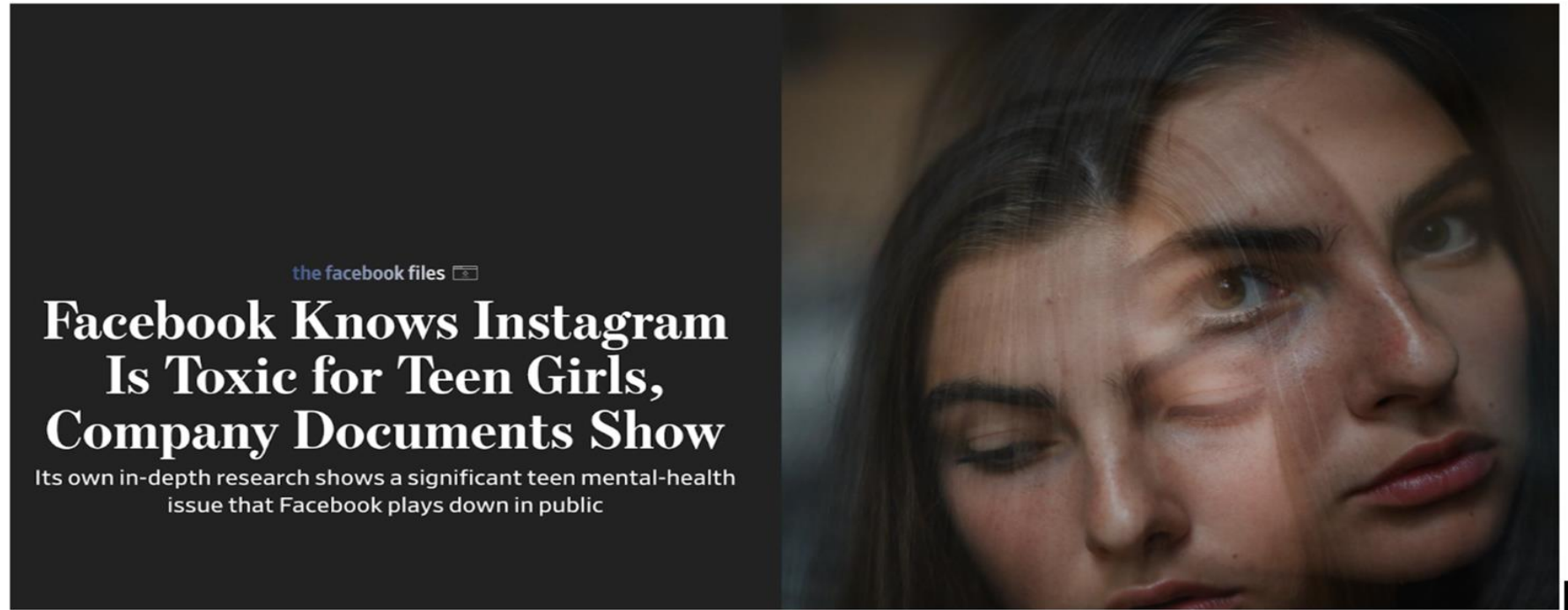
Emergency room visits for self-harm by children and adolescents rose sharply over the last decade, particularly among young women.



By The New York Times | Source: Centers for Disease Control and Prevention

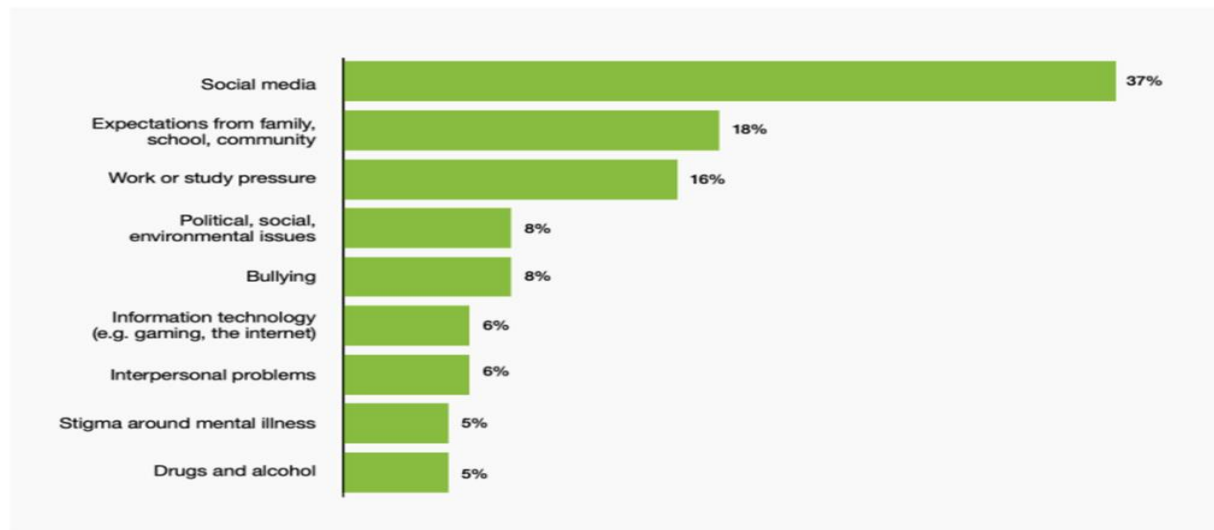
**Figure 1: Emergency room visits for self harm increased very rapidly among teen girls beginning in 2010**

What's particularly heinous is that social media companies know the harm they are causing. This headline from an article in the Wall Street Journal last year says it all:



### Insight 34

**Young people think social media is the main reason youth mental health is getting worse.**



**Figure 55.**

Reasons for the opinion that the mental health of young people is getting worse

*Figure 6: Australian teens believe that social media is the main reason that youth mental health is getting worse. Source: [Hearspace National Youth Mental Health Survey \(2018\)](#).*



# Problems with Social Media

- Age verification not enforced
- Data collected on minor children
- No parental access
- Algorithms aggravate existing problems



# What can we do?

- State legislation being considered
- Public service campaign to help educate parents and kids on the dangers of social media
- Parents, put your phones down!
- Parental support for no-cell-phone policy in classrooms





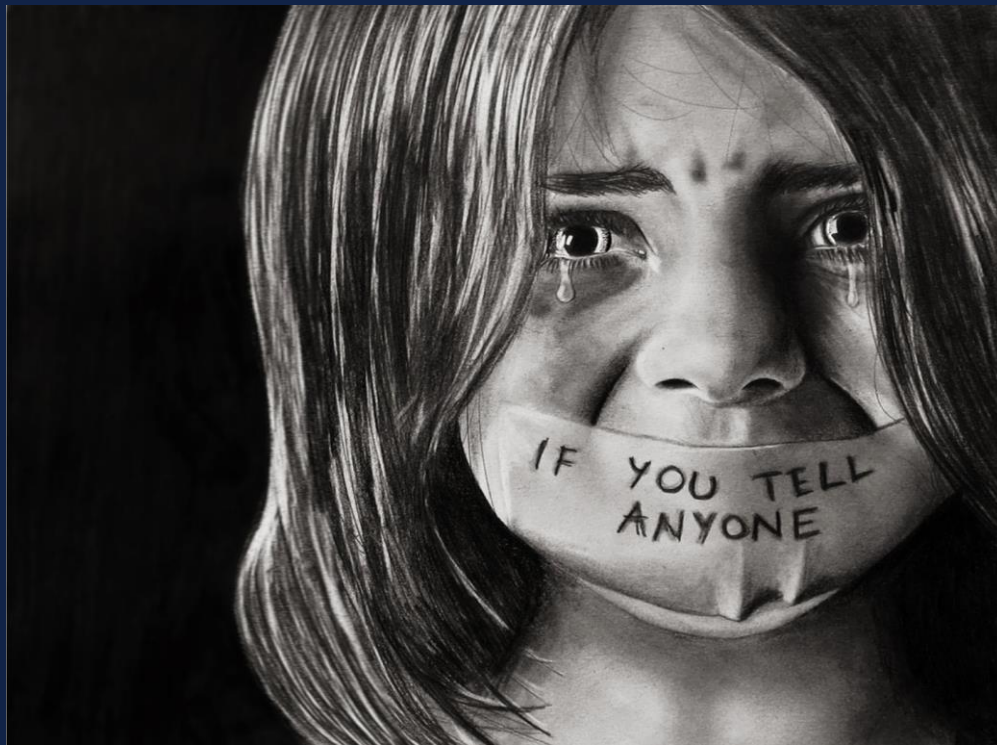
# Other family policies focused on by the Governor's Office of Families

## Work with Utah businesses to enhance family-friendly policies





Ensure federal child care grants to low income families aren't leaving out stay-at-home parents.



Become a trauma-informed state with a central place to collect  
best practices and data

Ensure every student graduates from high school  
and engages in the workforce







Invest in more home visiting programs to support vulnerable families  
with children 0-3



Questions?



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