



**Letter of Support for the Balance Act**

**February 9, 2026**

*Utah House Education Committee*

We write in strong support of the **Balance Act (HB273)**, which establishes clear, developmentally appropriate guardrails for the use of technology in Utah classrooms. Technology can play a helpful role in education—but its rapid expansion in classrooms has outpaced consistent standards to ensure it truly supports learning, student wellbeing, and academic development. The Balance Act provides a necessary and timely course correction by restoring instructional focus and ensuring technology is used intentionally, not by default. **We must act now because:**

**Kids’ mental health and focus are declining.** The Balance Act reduces non-essential screen time and restores developmentally appropriate learning environments.

**More screens haven’t improved learning.** The bill prioritizes teacher-led, hands-on instruction and intentional use of technology that supports—not replaces—effective teaching.

**The moment to act is now.** Passing the Balance Act this session sets clear statewide guardrails before harmful patterns of classroom screen use become further entrenched.

We urge the Legislature to pass the Balance Act and take this important step to protect students’ academic development and mental health.

Respectfully,  
*Parents, educators, and community leaders in support of the Balance Act*

Child First Policy Center  
 Jonathan Haidt, Author , The Anxious Generation  
 D. Alexander, CEO, Educate and Empower Kids  
 Kaitlin Harker, Parent



Jared Cooney-Horvath, Author, The Digital Delusion  
Erika Bos, parent in Holladay, UT  
Dina Alexander, Communications Dir.  
Jessica Ludlow, Director, Accepted Therapy & Coaching  
Dr. Jill Manning, PLLC  
Deanna Lambson, Executive Director, White Ribbon Week  
Brittany Homer, MS, CFLE, Co-Founder and Executive Director/Project STAND  
Allison Terry, Parent in Sandy Utah  
Jen Brown, President Utah Citizens for the Constitution  
Jamie Renda, Path Forward, Founder / Chair  
Melissa McKay, President, Digital Childhood Institute  
Sydney Williams, Cloud engineer, concerned for future generations  
Kathleen Barlow, Smartphone Free Childhood US / Distraction Free Schools Policy Project /  
Swimming UpScreen  
Cris Rowan, Pediatric occupational therapist, designer of Reconnect Webinars  
Andrea Davis, Better Screen Time, founder  
Clare Morell, Fellow, The Ethics and Public Policy Center  
Elizabeth Mitchell, Senior Policy Director, Mothers Against Media Addiction (MAMA)  
Kevin MacPherson, Founder - Detezo  
Denise Champney, MS CCC/SLP, Speaking of Social  
Trishia Van Orden, Social Media Director /Educate Empower Kids RBT  
Rose and Rob Bronstein, Survivor Parents of Nate Bronstein, forever 15 and founders of  
Buckets Over Bullying /Bronstein Family Foundation  
Lisa Cline, Parent  
Brad Littlejohn, Program Director and Policy Advisor, American Compass  
Chris McKenna, CEO, Protect Young Eyes & President, Better Tech Project  
Korrin Dickson, Empowered Parents  
April Barton  
Todd Lloyd  
Joanna Houston  
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