

Rep. Switalski offered the following resolution:

**House Resolution No. 119.**

A resolution to declare April 29-May 5, 2013, as Screen-Free Week in the state of Michigan.

Whereas, Screen-Free Week is an enjoyable and innovative way to improve children's well-being by reducing dependence on entertainment screen media, including television, video games, computers, and hand-held devices, thus offering time for children to go outside, read, daydream, create, explore, and spend more time with family and friends; and

Whereas, Preschool children spend an average of 32 hours a week with screen media; and

Whereas, School-age children exposed to excessive screen time may also suffer the effects of childhood obesity, sleep disturbances, attention span issues, increased psychological difficulties, negative attitudes toward school, long-term academic failure, poor homework completion, less physical activity, and fewer family meals; and

Whereas, Children who are exposed to marketing practices may have higher rates of depression, show more symptoms of anxiety, and have poor self-esteem; and

Whereas, Watching television commercials contributes to children's dissatisfaction with their own body image, leading to an increase in eating disorders; and

Whereas, Research shows that children who are exposed to violent content in movies, video games, and television programs have a potential risk factor for becoming desensitized to violence; and

Whereas, Teens who are heavily exposed to various forms of sexualized media content are more likely to initiate intercourse, have several sex partners, contract a sexually transmitted disease, and men are less likely to empathize with female sexual assault victims; and

Whereas, The American Academy of Pediatrics recommends no screen time for children under 2 and less than 2 hours per day for older children; and

Whereas, Increased screen time for toddlers leaves less time for engagement in creative play, decreasing the foundation of learning, constructive problem solving, and creativity; and

Whereas, Research demonstrates the benefits of reduced screen time for children, such as a higher academic performance, healthier lifestyle, prevention for later behavioral problems and victimization by classmates, and a decreased interest in television in later years; and

Whereas, Screen-Free Week establishes the foundation for important lifestyle adjustments that will develop the well-being and quality of life in children all year round; now, therefore, be it

Resolved by the House of Representatives, That the members of this legislative body declare April 29-May 5, 2013, as Screen-Free Week in the state of Michigan.