April 24, 2026

MN Senate Commerce Committee
MN Senate Building
5 University Ave. W.,
St. Paul, MN 55155

RE: S.F. 4696 Kreun Social media platforms requirements establishment related to accounts for minors

Dear Chair and Members of the Senate Judiciary Committee:

On behalf of WithAll, I write in **strong support of S.F. 4696.**

WithAll is a Minnesota-based national nonprofit working to prevent and end eating disorders. We do this by bring evidence-based expertise from universities and treatment programs to "Main Street," so that adults know how to support young people's wellbeing around body image and food—stopping eating disorders before they start. This protects childhoods and saves lives.

Traditional media has long shaped self-perception by promoting narrow body ideals through celebrities, actors, and models, often encouraging harmful comparison and contributing to body dissatisfaction and eating disorders.[1] Today, **social media significantly intensifies those same pressures in scale and force.**

Young people are especially vulnerable. Social media platforms are designed to capture and hold attention, and adolescents are particularly susceptible to compulsive patterns of use.[2] Half of U.S. teens spend more than four hours a day on social media,[3] increasing their exposure to harmful content and repeated appearance-based comparison.

The evidence is clear that social media can harm young people's mental health, including worsening body image, increasing eating disorder risk, and reinforcing harmful beliefs and behaviors related to body and food.[4] These risks are especially concerning for children under 16.

S.F. 4696 is an important and reasonable response. It would:

1. Require parental or guardian permission for children under 16 to create a social media account.
2. Prohibit the most addictive platform features on child accounts, including auto-play video, targeted advertising, and infinite scroll.

This bill gives families stronger tools to protect children during a particularly vulnerable stage of development. For these reasons, **we respectfully urge your support for S.F. 4696.**

Respectfully,

Lisa Radzak
EXECUTIVE DIRECTOR

Citations:

[1] Paediatr Child Health 2003 May-Jun;8(5):287–289. doi: 10.1093/pch/8.5.287
[2] Shapka JD. Adolescent technology engagement: It is more complicated than a lack of self-control. Hum Behav & Emerg Tech. 2019;1:103110. **https://doi.org/10.1002/hbe2.144**
[3] Gallup Poll, October 13, 2023 Teens Spend Average of 4.8 Hours on Social Media Per Day
[4] Int J Environ Res Public Health. 2021 Mar 11;18(6):2880. doi: 10.3390/ijerph18062880 *Social Media Use and Body Image Disorders: Association between Frequency of Comparing One's Own Physical Appearance to That of People Being Followed on Social Media and Body Dissatisfaction and Drive for Thinness;* J Psychiatry Psychiatr Disord. 2025 Apr 16;9(2):111–130.*The Impact of Social Media & Technology on Child and Adolescent Mental Health*