Chair and members of the committee,

My name is Maheideri, and I am a student from Woodbury High. I am here today to speak in support of this bill to reduce harms from addictive social media features for minors.

Social media is a big part of life for people my age. It helps us connect, learn, and express ourselves. But it is also designed in ways that make it very hard to stop using.

Features like infinite scrolling, autoplay videos, and constant notifications keep us online longer than we intend. These are the exact tactics that are built to capture attention.

Although I'm still a kid, I care about the harms that can be faced for even younger users. I fear the addictive strategies utilized in social media will only create further problems that'll creep into adolescence. Affecting sleep, focus in school, and mental health. Many students feel pressure from likes, followers, and algorithm-driven content. It can become overwhelming, and can be difficult for kids to manage this on their own.

This bill does not ban social media. Instead, it sets reasonable limits to protect children. It requires parental consent for younger users, increases privacy protections, and removes the most addictive features from child accounts. It also limits targeted advertising, which often uses personal data in ways young users do not fully understand.

I think one of the most important parts of this bill is giving parents better tools. Families should be able to decide how and when children use social media, not just the companies designing these platforms.

This bill is about balance. It allows young people to stay connected while putting guardrails in place to reduce harm.

I urge you to support this legislation.

Thank you for your time.