

Alyssa Finn
Bath
LD 2052
1/21/2026
Dear Legislators,

I am writing with my strong support for the passage of LD 2052 and to ask you to vote PASS on this important piece of legislation.

I have two children (4 and 8 years old) in the RSU 1 district, and I am concerned about the amount of screen time and educational technology that they are being exposed to at young, impressionable pre-pubescent ages, when their brains are still critically developing.

Classroom technology has expanded rapidly across our country and state, and largely without consistent guardrails to keep our children safe. Teachers, students, and families are navigating the consequences in real time, while policies about using educational technology vary widely across districts and even within schools in the same district.

Research consistently shows that digital multitasking during instruction reduces comprehension and retention. In 2024 Maine students scored the lowest they have in three decades on national assessments from the National Assessment of Educational Progress. Fourth grade students had the lowest average reading score since 1992, and the lowest score in math since 1996. Eighth grade students had the lowest scores ever in both reading and math. While educational technology was intended to be helpful to our children, I am concerned that it is in fact harming them.

It is time to evaluate whether or not this large experiment in using educational technology to assist teaching our children is actually doing what we had intended. LD 2052 will provide Maine an opportunity to evaluate how technology is affecting learning environments and to identify safeguards that support student success, teacher effectiveness and well-being for all in our educational communities.

Maine's children are counting on us, the adults, to teach and nurture them and to ensure that they are healthy and strong in mind, body and social relationships. In order to develop into well functioning, intelligent and social adults, they need to be able to play and socialize with one another in down time, passing time, and classroom time. I am concerned that some of the opportunity for free play and social engagement has been consumed by screen time, which we know to be harmful to our youth's brains and mental health, and perhaps even their education.

I strongly urge you to vote OUGHT to PASS on this important first step in assessing technology use in our schools. This is vital for the health of our children and for their successful growth and development into productive, thoughtful, and attentive community members.

Sincerely,
Dr. Alyssa Finn MD
Bath, ME