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As a physician, I have seen the decline of mental health in our teens. It has been linked to early phone and social media use. The ability for parents to monitor it is becoming more difficult. Children are getting exposed to mature topics and bullying from these platforms. We are unable to protect our children from everything, but we CAN protect them during the school day. They can put their devices down, focus on the school sessions, their friends, and social growth.

I am doing my part as a mom of 3 to limit their exposures, however, support from the school system would immensely help!