

**Second Regular Session  
Seventy-fourth General Assembly  
STATE OF COLORADO**

**PREAMENDED**

*This Unofficial Version Includes Committee  
Amendments Not Yet Adopted on Second Reading*

LLS NO. 24-0695.01 Michael Dohr x4347

**HOUSE BILL 24-1136**

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**HOUSE SPONSORSHIP**

**Pugliese and Amabile,**

**SENATE SPONSORSHIP**

**Cutter and Smallwood,**

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**House Committees**

Education  
Appropriations

**Senate Committees**

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**A BILL FOR AN ACT**

101      **CONCERNING MEASURES TO ENCOURAGE HEALTHIER SOCIAL MEDIA**  
102              **USE BY YOUTH, AND, IN CONNECTION THEREWITH, MAKING AN**  
103              **APPROPRIATION.**

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**Bill Summary**

*(Note: This summary applies to this bill as introduced and does not reflect any amendments that may be subsequently adopted. If this bill passes third reading in the house of introduction, a bill summary that applies to the reengrossed version of this bill will be available at <http://leg.colorado.gov>.)*

The bill requires the department of education (department) to create and maintain a resource bank of evidence-based, research-based, and promising program materials and curricula pertaining to the mental health impacts of social media use by children and teens (youth). The resource bank will be used in elementary and secondary schools in the

Shading denotes HOUSE amendment. Double underlining denotes SENATE amendment.  
*Capital letters or bold & italic numbers indicate new material to be added to existing law.  
Dashes through the words or numbers indicate deletions from existing law.*

state. The department is required to convene a stakeholder group to assist in the creation of the resource bank.

The bill requires the department to expand local student wellness programs to include programs that address the impacts of problematic technology use on the mental and physical well-being of Colorado youth.

The bill requires a social media platform to display a pop-up warning to a user who is under the age of 18 when the user:

- Has spent one hour on social media platforms in a 24-hour period; and
- Is on a social media platform between the hours of 10 p.m. and 6 a.m.

The warning must state that data shows that youth who spend more than 3 hours per day on social media double the risk of experiencing poor mental health outcomes, including anxiety and depression symptoms. The warning must include links to resources on the platform for setting screen time limits and links to the health-effect data.

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1 *Be it enacted by the General Assembly of the State of Colorado:*

2 **SECTION 1. Legislative declaration.** (1) The general assembly  
3 finds and declares that:

4 (a) On May 23, 2023, U.S. Surgeon General Dr. Vivek Murthy  
5 released a Social Media and Youth Mental Health advisory to recognize  
6 the growing impact of social media on youth mental health and  
7 well-being as a significant public health challenge that requires  
8 immediate awareness and action;

9 (b) The advisory includes recommendations for policymakers to  
10 address this issue, including to "support the development,  
11 implementation, and evaluation of digital and media literacy curricula in  
12 schools and within academic standards" and "ensure technology  
13 companies share data relevant to the health impacts of their platforms";

14 (c) In the United States, up to 95% of youth ages 13 to 17 report  
15 using social media platforms, and a third of youth report using social  
16 media "almost constantly";

1 (d) A study of youth in the United States ages 12 to 15 found that  
2 youth who spend three or more hours a day on social media had double  
3 the risk of experiencing poor mental health outcomes, including  
4 experiencing symptoms of depression and anxiety. As of 2021, the  
5 average time spent on social media for this age group is three-and-a-half  
6 hours a day, with one in four youth spending five or more hours a day on  
7 the platforms, and one in seven spending seven or more hours a day on  
8 social media.

9 (e) A systematic review of 42 studies on the effects of excessive  
10 social media use found a consistent relationship between social media use  
11 and poor sleep quality, reduced sleep duration, sleep difficulties, and  
12 depression among youth;

13 (f) Social media sites are designed to maximize user engagement,  
14 which can encourage excessive social media use and behavioral  
15 dysregulation. Youth undergo critical periods of brain development, and  
16 social media exposure and frequent use may be associated with distinct  
17 changes in the developing brain, including overstimulation of the  
18 amygdala, triggering pathways similar to those in individuals with  
19 substance use or gambling addictions.

20 (g) The 2020 Comprehensive Health Academic Standards in  
21 Colorado include standards for comprehensive health and physical  
22 education, among them the importance of identifying and managing the  
23 risk and the impacts of modern technology and social media on students'  
24 physical and personal wellness;

25 (h) Understanding more about how technology and health  
26 intersect can help solve certain societal problems and improve the mental  
27 and physical health of Coloradans. Providing free resources educators can

1 use while teaching comprehensive health will help educators meet the  
2 essential skills outlined in the 2020 Comprehensive Health Academic  
3 Standards.

4 (i) At the federal level, legislation and reforms to improve social  
5 media platforms that youth access are slow-moving and do not meet the  
6 demands and fast-moving nature of social media; and

7 (j) States recognize the growing impact of social media and  
8 problematic technology use on youth mental health and the importance of  
9 enacting legislation to address those concerns. States can exercise  
10 leadership in this area rather than waiting for slow-moving federal  
11 legislation to do so.

12 (2) The general assembly therefore declares that it is a matter of  
13 statewide concern to provide research-based education and interventions,  
14 including resources on the effects of social media use on brain  
15 development, how to mitigate the risks associated with social media use,  
16 and how to maintain well-being while interacting in online environments,  
17 to help youth make informed decisions on responsible social media use.

18 **SECTION 2.** In Colorado Revised Statutes, **add** 22-2-127.8 as  
19 follows:

20 **22-2-127.8. Social media impacts on mental health education**  
21 **literacy - resource bank - technical assistance - reporting.** (1) (a) THE  
22 DEPARTMENT SHALL CREATE AND MAINTAIN A RESOURCE BANK OF  
23 EXISTING EVIDENCE-BASED, RESEARCH-BASED SCHOLARLY ARTICLES AND  
24 PROMISING PROGRAM MATERIALS AND CURRICULA PERTAINING TO THE  
25 MENTAL AND PHYSICAL HEALTH IMPACTS OF SOCIAL MEDIA USE BY YOUTH.  
26 THE DEPARTMENT SHALL CONVENE A TEMPORARY STAKEHOLDER GROUP  
27 TO ASSIST WITH THE CREATION AND DEVELOPMENT OF A PLAN FOR

1 ONGOING MAINTENANCE OF THE RESOURCE BANK BY THE DEPARTMENT.  
2 THE STAKEHOLDER GROUP SHALL ALSO IDENTIFY AVENUES FOR  
3 INFORMING LOCAL EDUCATION PROVIDERS, PARENTS, YOUTH, AND THE  
4 PUBLIC ABOUT THE RESOURCE BANK. THE MATERIALS AND CURRICULA  
5 MAY BE USED IN ELEMENTARY AND SECONDARY SCHOOLS IN THE STATE.  
6 TO THE EXTENT POSSIBLE, THE RESOURCE BANK MATERIALS, SCHOLARLY  
7 ARTICLES, AND CURRICULA MUST BE YOUTH-FRIENDLY, CULTURALLY  
8 SENSITIVE, AND AVAILABLE IN BOTH ENGLISH AND SPANISH, AND MAY  
9 INCLUDE INTERNET LINKS TO SCHOLARLY ARTICLES, RESOURCES, AND  
10 MATERIALS ABOUT THE MENTAL AND PHYSICAL HEALTH IMPACTS OF  
11 SOCIAL MEDIA USE FROM ENTITIES THAT THE DEPARTMENT FINDS  
12 RELIABLE.

13 (b) TO CREATE THE RESOURCE BANK DESCRIBED IN SUBSECTION  
14 (1)(a) OF THIS SECTION, THE DEPARTMENT SHALL CONVENE A TEMPORARY  
15 STAKEHOLDER GROUP TO IDENTIFY THE SCHOLARLY ARTICLES,  
16 MATERIALS, AND CURRICULA THAT WILL BE A PART OF THE RESOURCE  
17 BANK.

18 (c) THE STAKEHOLDER GROUP MUST CONSIST OF NO MORE THAN  
19 FIFTEEN MEMBERS, INCLUDING A DEPARTMENT REPRESENTATIVE AND,  
20 WHEN POSSIBLE, A PERSON OR PEOPLE REPRESENTING EACH OF THE  
21 FOLLOWING: EDUCATORS; SCHOOL MENTAL HEALTH PROFESSIONALS;  
22 PARENTS; YOUTH BETWEEN THE AGES OF EIGHTEEN TO TWENTY-FIVE;  
23 PUBLIC HEALTH ADVOCACY NON-PROFITS; AND YOUTH MENTAL HEALTH  
24 PROFESSIONS SUCH AS A SOCIAL WORKER, CHILD ADOLESCENT  
25 PSYCHIATRIST, OR OTHER PROFESSIONAL SPECIALIZING IN YOUTH MENTAL  
26 HEALTH.

27 (d) WHEN POSSIBLE, AS PART OF THE RESOURCE BANK, THE

1 DEPARTMENT, WITH ASSISTANCE FROM THE STAKEHOLDER GROUP, SHALL  
2 IDENTIFY WHAT GRADE OR AGE-GROUP MATERIALS ARE APPROPRIATE FOR,  
3 AND WHEN POSSIBLE, WHEN A MATERIAL COULD BE USED FOR A STANDARD  
4 WITHIN THE COMPREHENSIVE HEALTH EDUCATION STANDARDS.

5 (2) ON AND AFTER JULY 1, 2025, THE DEPARTMENT SHALL MAKE  
6 THE MATERIALS IN THE RESOURCE BANK AVAILABLE WITHOUT CHARGE TO  
7 LOCAL EDUCATION PROVIDERS, PROFESSIONAL EDUCATORS, PARENTS OR  
8 GUARDIANS OF YOUTH, STUDENTS, AND COMMUNITY PROVIDERS. A LOCAL  
9 EDUCATION PROVIDER IS NOT REQUIRED TO ADOPT OR IMPLEMENT ANY  
10 MATERIAL OR CURRICULA FROM THE RESOURCE BANK. AT THE REQUEST OF  
11 A LOCAL EDUCATION PROVIDER, THE DEPARTMENT SHALL PROVIDE  
12 TECHNICAL ASSISTANCE TO THE LOCAL EDUCATION PROVIDER IN  
13 DESIGNING AGE-APPROPRIATE CURRICULA PERTAINING TO MENTAL  
14 HEALTH.

15 (3) THE MATERIALS AND RESOURCES IN THE RESOURCE BANK THAT  
16 ARE AVAILABLE TO YOUTH MUST BE DEVELOPED AND UPDATED WITH  
17 INPUT FROM YOUTH.

18 (4) LOCAL EDUCATION PROVIDERS ARE ENCOURAGED TO REPORT  
19 TO THE DEPARTMENT ON THE EFFECTIVENESS OF THE RESOURCE BANK  
20 MATERIALS AND CURRICULA AND TO RECOMMEND CHANGES TO IMPROVE  
21 THE MATERIALS AND CURRICULA. THE DEPARTMENT IS ENCOURAGED TO  
22 UPDATE THE RESOURCE BANK MATERIALS AND CURRICULA BASED ON  
23 RECOMMENDATIONS FROM LOCAL EDUCATION PROVIDERS, PROFESSIONAL  
24 EDUCATORS, PARENTS OR GUARDIANS OF YOUTH, STUDENTS, AND  
25 COMMUNITY PROVIDERS.

26 (5) THE DEPARTMENT SHALL COLLECT DISAGGREGATED DATA ON  
27 HOW OFTEN THE MATERIALS AND CURRICULA ARE ACCESSED AND INCLUDE

1 THAT INFORMATION AT THE DEPARTMENT'S ANNUAL "SMART ACT"  
2 HEARING HELD PURSUANT TO PART 2 OF ARTICLE 7 OF TITLE 2.

3 (6) AS USED IN THIS SECTION, UNLESS THE CONTEXT OTHERWISE  
4 REQUIRES, "LOCAL EDUCATION PROVIDER" MEANS A SCHOOL DISTRICT, A  
5 CHARTER SCHOOL AUTHORIZED BY A SCHOOL DISTRICT PURSUANT TO PART  
6 1 OF ARTICLE 30.5 OF THIS TITLE 22, A CHARTER SCHOOL AUTHORIZED BY  
7 THE STATE CHARTER SCHOOL INSTITUTE PURSUANT TO PART 5 OF ARTICLE  
8 30.5 OF THIS TITLE 22, THE COLORADO SCHOOL FOR THE DEAF AND THE  
9 BLIND AUTHORIZED PURSUANT TO SECTION 22-80-102, AN APPROVED  
10 FACILITY SCHOOL AS DEFINED IN SECTION 22-2-402, OR A BOARD OF  
11 COOPERATIVE SERVICES CREATED AND OPERATING PURSUANT TO ARTICLE  
12 5 OF THIS TITLE 22 THAT OPERATES ONE OR MORE PUBLIC SCHOOLS.

13 **SECTION 3.** In Colorado Revised Statutes, 22-25-104, **amend**  
14 (2) and (4.5); and **add** (3)(d) as follows:

15 **22-25-104. Colorado comprehensive health education program**  
16 **- role of department of education - recommended curriculum**  
17 **guidelines - allocation of funds - rules.** (2) The department of education  
18 ~~shall have~~ HAS the authority to promote the development and  
19 implementation of local comprehensive health education programs and  
20 local student wellness programs, INCLUDING PROGRAMS THAT ADDRESS  
21 THE MENTAL HEALTH IMPACTS OF SOCIAL MEDIA USE BY YOUTH.

22 (3) (d) THE GUIDELINES DEVELOPED BY THE DEPARTMENT OF  
23 EDUCATION PURSUANT TO SUBSECTION (3)(a) OF THIS SECTION FOR  
24 GRADES SIX THROUGH TWELVE MUST STRONGLY ENCOURAGE INCLUDING  
25 CURRICULUM ON THE MENTAL HEALTH IMPACTS OF SOCIAL MEDIA USE BY  
26 YOUTH.

27 (4.5) (a) The department of education shall identify programs that

1 are evidence-based, culturally sensitive, and reflective of positive youth  
2 development guidelines for use by school districts in local comprehensive  
3 health education programs related to comprehensive human sexuality  
4 education.

5 (b) THE DEPARTMENT OF EDUCATION SHALL CONVENE A  
6 STAKEHOLDER GROUP TO IDENTIFY SCHOLARLY ARTICLES, PROGRAMS,  
7 AND RESOURCES THAT ARE EVIDENCE-BASED, CULTURALLY SENSITIVE,  
8 AND REFLECTIVE OF POSITIVE YOUTH DEVELOPMENT GUIDELINES FOR  
9 OPTIONAL USE BY LOCAL EDUCATION PROVIDERS IN LOCAL  
10 COMPREHENSIVE HEALTH EDUCATION PROGRAMS RELATED TO  
11 TECHNOLOGY USE, BRAIN DEVELOPMENT, AND THE PHYSICAL AND MENTAL  
12 IMPACTS OF SOCIAL MEDIA USE.

13 **SECTION 4.** In Colorado Revised Statutes, **add** part 16 to article  
14 1 of title 6 as follows:

15 PART 16

16 PROTECTIONS FOR YOUTH USING SOCIAL MEDIA

17 **6-1-1601. Social media platform notification - youth users -**

18 **definition.** (1) ON OR AFTER JANUARY 1, 2026, A SOCIAL MEDIA  
19 PLATFORM, BY DEFAULT, MUST DISPLAY A POP-UP OR FULL-SCREEN  
20 NOTIFICATION TO A USER WHO IS UNDER THE AGE OF EIGHTEEN WHEN THE  
21 USER:

22 (a) HAS SPENT ONE CUMULATIVE HOUR ON THE SOCIAL MEDIA  
23 PLATFORM DURING A TWENTY-FOUR-HOUR PERIOD; OR

24 (b) IS ON A SOCIAL MEDIA PLATFORM BETWEEN THE HOURS OF TEN  
25 P.M. AND SIX A.M.

26 (2) THE NOTIFICATION MUST INCLUDE DATA ON THE PUBLIC  
27 HEALTH IMPACTS OF SOCIAL MEDIA USE ON THE MENTAL AND PHYSICAL



1 HEALTH OF YOUTH USERS, FROM PEER-REVIEWED SCHOLARLY ARTICLES  
2 INCLUDED IN THE MENTAL HEALTH AND TECHNOLOGY RESOURCE BANK  
3 ESTABLISHED IN SECTION 22-2-127.8 (2).

4 (3) THE NOTIFICATION REQUIRED PURSUANT TO SUBSECTION (1)(a)  
5 OF THIS SECTION MUST REPEAT THIRTY MINUTES AFTER THE INITIAL  
6 NOTIFICATION, THEN FIFTEEN MINUTES AFTER THE SECOND NOTIFICATION,  
7 AND THEN EVERY FIVE MINUTES THEREAFTER.

8 (4) (a) FOR PURPOSES OF THIS SECTION, "SOCIAL MEDIA PLATFORM"  
9 MEANS AN INTERNET-BASED SERVICE, WEBSITE, OR APPLICATION THAT:

10 (I) HAS MORE THAN ONE HUNDRED THOUSAND ACTIVE USERS IN  
11 COLORADO;

12 (II) PERMITS A PERSON TO BECOME A REGISTERED USER,  
13 ESTABLISH AN ACCOUNT, OR CREATE A PUBLIC OR SEMI-PUBLIC PROFILE  
14 FOR THE PURPOSE OF ALLOWING USERS TO CREATE, SHARE, AND VIEW  
15 USER-GENERATED CONTENT THROUGH THE ACCOUNT OR PROFILE;

16 (III) ENABLES ONE OR MORE USERS TO CREATE OR POST CONTENT  
17 THAT CAN BE VIEWED BY OTHER USERS OF THE MEDIUM; AND

18 (IV) INCLUDES A SUBSTANTIAL FUNCTION TO ALLOW USERS TO  
19 INTERACT SOCIALLY WITH EACH OTHER WITHIN THE SERVICE OR  
20 APPLICATION. A SERVICE OR APPLICATION THAT PROVIDES ELECTRONIC  
21 MAIL OR DIRECT MESSAGING SERVICES DOES NOT MEET THE CRITERION  
22 DESCRIBED IN THIS SUBSECTION (4) ON THE BASIS OF THAT FUNCTION  
23 ALONE.

24 (b) "SOCIAL MEDIA PLATFORM" DOES NOT INCLUDE AN  
25 INTERNET-BASED SERVICE OR APPLICATION IN WHICH THE PREDOMINANT  
26 OR EXCLUSIVE FUNCTION IS:


27 (I) PROVIDING ELECTRONIC MAIL;

1 (II) FACILITATING COMMERCIAL TRANSACTIONS, IF THE  
2 INTERACTION WITH OTHER USERS OR ACCOUNT HOLDERS IS GENERALLY  
3 LIMITED TO:


4 (A) THE ABILITY TO UPLOAD A POST AND COMMENT ON REVIEWS  
5 OR THE ABILITY TO DISPLAY LISTS OR COLLECTIONS OF GOODS FOR SALE OR  
6 WISH LISTS; AND

7 (B) THE PRIMARY FUNCTION OF THE PLATFORM IS FOCUSED ON  
8 ONLINE SHOPPING OR E-COMMERCE RATHER THAN INTERACTIONS BETWEEN  
9 USERS OR ACCOUNT HOLDERS;

10 (III) FACILITATING TELECONFERENCING AND VIDEO  
11 CONFERENCING FEATURES THAT ARE LIMITED TO CERTAIN PARTICIPANTS  
12 IN THE TELECONFERENCE OR VIDEO CONFERENCE AND ARE NOT POSTED  
13 PUBLICLY OR FOR BROAD DISTRIBUTION TO OTHER USERS;

14   
15 (IV) FACILITATING CROWD-SOURCED CONTENT FOR REFERENCE  
16 GUIDES SUCH AS ENCYCLOPEDIAS AND DICTIONARIES;

17 (V) PROVIDING CLOUD-BASED ELECTRONIC STORAGE, INCLUDING  
18 CLOUD-BASED STORAGE THAT ALLOWS COLLABORATIVE EDITING BY  
19 INVITED USERS;

20 (VI) PROVIDING INFORMATION CONCERNING BUSINESSES,  
21 PRODUCTS, OR TRAVEL INFORMATION, INCLUDING USER REVIEWS OR  
22 RANKINGS OF BUSINESSES OR PRODUCTS; 

23 (VII) FACILITATING COMMUNICATION WITHIN A BUSINESS OR AN  
24 ENTERPRISE AMONG EMPLOYEES OR AFFILIATES OF THE BUSINESS OR  
25 ENTERPRISE SO LONG AS ACCESS TO THE SERVICE OR APPLICATION IS  
26 RESTRICTED TO EMPLOYEES OR AFFILIATES OF THE BUSINESS OR  
27 ENTERPRISE;

1 (VIII) SELLING ENTERPRISE SOFTWARE TO BUSINESSES,  
2 GOVERNMENTS, OR NONPROFIT ORGANIZATIONS;

3 (IX) PROVIDING A STREAMING SERVICE THAT STREAMS ONLY  
4 LICENSED MEDIA IN A CONTINUOUS FLOW FROM THE SERVICE, WEBSITE, OR  
5 APPLICATION TO THE END USER AND DOES NOT REQUIRE A USER OR  
6 ACCOUNT HOLDER TO OBTAIN A LICENSE FOR THE MEDIA BY AGREEMENT  
7 WITH A SOCIAL MEDIA PLATFORM'S TERMS OF SERVICE;

8 (X) PROVIDING AN ONLINE SERVICE, WEBSITE, OR APPLICATION  
9 THAT IS USED BY OR UNDER THE DIRECTION OF AN EDUCATIONAL ENTITY,  
10 INCLUDING A LEARNING MANAGEMENT SYSTEM, A STUDENT ENGAGEMENT  
11 PROGRAM, OR A SUBJECT- OR SKILL-SPECIFIC PROGRAM, FOR WHICH THE  
12 MAJORITY OF THE CONTENT IS CREATED OR POSTED BY THE PROVIDER OF  
13 THE ONLINE SERVICE, WEBSITE, OR APPLICATION AND THE ABILITY TO  
14 CHAT, COMMENT, OR INTERACT WITH OTHER USERS IS DIRECTLY RELATED  
15 TO THE PROVIDER'S CONTENT;

16 (XI) PROVIDING OR OBTAINING TECHNICAL SUPPORT FOR A  
17 PLATFORM, PRODUCT, OR SERVICE;

18 (XII) PROVIDING CAREER DEVELOPMENT OPPORTUNITIES,  
19 INCLUDING PROFESSIONAL NETWORKING, JOB SKILLS, LEARNING  
20 CERTIFICATIONS, AND JOB POSTING AND APPLICATION SERVICES;

21 (XIII) FOCUSED ON FACILITATING ACADEMIC OR SCHOLARLY  
22 RESEARCH; OR

23 (XIV) REPORTING OR DISSEMINATING NEWS INFORMATION FOR A  
24 MASS MEDIUM, AS DEFINED IN SECTION 13-90-119.

25 **SECTION 5. Appropriation.** For the 2024-25 state fiscal year,  
26 \$13,974 is appropriated to the department of education for use by the  
27 student learning division. This appropriation is from the general fund and

1 is based on an assumption that the division will require an additional 0.2  
2 FTE. To implement this act, the division may use this appropriation for  
3 content specialists.

4           **SECTION 6. Act subject to petition - effective date.** This act  
5 takes effect at 12:01 a.m. on the day following the expiration of the  
6 ninety-day period after final adjournment of the general assembly; except  
7 that, if a referendum petition is filed pursuant to section 1 (3) of article V  
8 of the state constitution against this act or an item, section, or part of this  
9 act within such period, then the act, item, section, or part will not take  
10 effect unless approved by the people at the general election to be held in  
11 November 2024 and, in such case, will take effect on the date of the  
12 official declaration of the vote thereon by the governor.