

February 2, 2022

LiveMore ScreenLess Digital Wellbeing Grant

Progress Report - Sept 1, 2021 - January 15, 2022

To: Dr. Heather Mueller, Education Commissioner, and Chairs and Ranking Minority Members of the Legislative Committees

From: Katherine Myers and Maree Hampton, Co Executive Directors of LiveMore ScreenLess

Apology: Firstly, we want to apologize for the tardiness of this report. We had focused on the OGAN from MDE and were not tracking the requirement of reporting to you. We humbly submit this Progress Report to you. We will do better meeting the 2023 deadline.

Introduction

On June 30, 2022, the nation's first Digital Wellbeing law was passed by a unanimous bipartisan vote in Minnesota. The result of the law was a grant to support Digital Wellbeing awareness and education services and programs for Minnesotans, especially for students. The grant is supporting LiveMore ScreenLess' ability to plan, implement, and evaluate four main projects over two years including creating an online library of Digital Wellbeing resources; creating a Network of Organizations to collaborate and coordinate a parent education campaign, building upon existing Minnesota and National Resources; implementing and evaluating a train the trainer Digital Wellbeing series for educators; and implementing and evaluating peer-inspired and led education, communication, and health promotion strategies.

Background

Evidence is growing that the overuse and misuse of screens is negatively impacting the health, learning, and mental wellbeing of Minnesota children and young people. Studies

show associations between digital media overuse and misuse with multiple health effects, such as increased rates of anxiety and depression, addictive tendencies toward gaming and screen use, the onset of physical symptoms like eye strain and obesity, and increased incidence of suicide ideation due to cyberbullying. The concerns about screen overuse and misuse have been magnified by the pandemic, which required many Minnesotans to spend even more time using digital media for school, communication, and entertainment. Parents, teachers, youth advocates, public and mental health professionals, and young people want action taken to promote balanced and intentional use of screens so that all young people thrive in the digital age now and in the future.

Parents are concerned. In a C.S. Mott Children’s Hospital National Poll on Children’s Health 2020 survey, a national sample of 2,000 parents revealed that their top two health concerns for US children and teens aged 0-18 years were: overuse of social media/screen time (72%) and bullying/cyberbullying (62%).

Students are concerned. In a 2018 national Pew Research survey of teens, 59% of respondents reported that they have been bullied or harassed online. A majority of young people surveyed believe that teachers, social media companies, and politicians are falling short in addressing cyberbullying. In the same survey, four-in-ten teen cellphone users said that they use their phone to avoid in person interactions. We hear similar stories when we engage in conversations with young people and collect data from our student surveys. On a positive note, when LiveMore ScreenLess surveyed almost 400 high school students in a southern Minnesota community, 82% said that if given the opportunity to spend the weekend with their friends, without their phones, they would do it.

Educators are concerned. Screen misuse and overuse was a top concern among educators prior to the pandemic. Teachers are concerned about the distraction of devices and the impact screen misuse and overuse has on learning and mental health. One seminal study showed that the mere presence of smart phones reduces available working memory and inhibits the practical application of learning. The greater the smart phone dependence, the higher the cognitive costs (Ward, 2017). Teachers are well aware of the detrimental effects of screen overuse on their students academic performance and the effects of screen misuse on student mental health and wellbeing.

Recent national reporting by the Wall Street Journal in September and the Surgeon General in December, 2021, revealed deep concern about the role technology is playing in the downward trends of youth mental health. In September, The Wall Street Journal reported on leaked research from inside Facebook Inc. and unveiled Instagram's harmful effects on young people. Facebook's own research reveals that use of its products, especially Instagram, has exacerbated a downward trend in teen mental health. As a result, Congress held hearings on the issue of technology and teen mental health. Testifiers included Facebook whistleblower Frances Haugen and technology executives from companies such as Tik Tok, YouTube and Facebook.

Additionally, on Dec 7, 2021, the Surgeon General released a report on the crisis of youth mental health: "[Protecting Youth Mental Health.](#)" In the report, he points to the influence of technology on mental health problems of young people, calling on all of us to play a role in improving youth mental health. LiveMore ScreenLess strives to embody the same approach - that we all have a role to play. Our use of the Whole School, Whole Community, Whole Child (WSCC) model guides our partnerships with schools.

The data that LiveMore ScreenLess has collected mirrors that of the national research. As an education and youth development nonprofit, LiveMore ScreenLess is best positioned to address screen misuse and overuse and to provide resources to Minnesota families, educators, youth advocates, and young people. LiveMore ScreenLess is fulfilling a gap and need by providing Digital Wellbeing awareness, education, and training for Minnesotans so that young people thrive in a digital age.

The Solution

LiveMore ScreenLess, a MN nonprofit organization, was founded in 2019 by Maree Hampton and Katherine Myers. The organization is positioned at the intersection of public health and education and uses evidence-based models, such as the Socio Ecological Model and the CDC and ASCD's Whole School, Whole Community, Whole Child model to inform its education, training, and programming. The co-founders have a combined 50 years experience in education, youth development, and public health education. They are guided by LiveMore ScreenLess' board members and advisors who are experts from esteemed Minnesota-based organizations such as The Sanneh Foundation, Fraser, the University of Minnesota, the Twin Cities YMCA, and Fresh Coast Collective.

The Digital Wellbeing Bill that was passed into law with bipartisan support resulted in a grant that provides LiveMore ScreenLess, a nonprofit organization, with \$1 million over two years to implement Digital Wellbeing awareness, education and communication efforts.

LiveMore ScreenLess is implementing four main projects:

1. An Online Library of Resources (for parents, educators and young people);
2. A Network of Organizations who will collaborate and coordinate a communications campaign targeting parents;
3. A Train the Trainer series for adults who work with young people, and
4. Peer inspired and led Digital Wellbeing education, communication, and health promotion strategies for young people to support intentional and balanced use of devices.

LiveMore ScreenLess received funding from the Minnesota Department of Education on September 2, 2021. The Co-Executive Directors began building their team immediately in order to increase LiveMore ScreenLess's capacity to be accountable to the state for the work of the grant.

Our first step as an organization after receiving the grant was to set up systems for financial and operational accountability systems. We recruited and hired a Director of Finance September 2021 supporting a budget process that is transparent and thorough.

The following report details the expenditures, activities, and outcomes related to the Digital Wellbeing Grant from September 1, 2021 to January 15, 2022.

LIVEMORE SCREENLESS GOAL #1

Develop and Implement a Digital Wellbeing Online Library of Resources - The Digital Wellbeing Resource Hub

Expenditures: \$12,937

Funding from the state grant has allowed LiveMore ScreenLess to hire staff and consultants to plan and develop the Digital Wellbeing Online Library of Resources for parents/families, educators and young people. Staff include LiveMore ScreenLess' communications manager, co executive directors, and a Youth Council member. Consultants include a researcher/writer. LiveMore ScreenLess sought volunteers for web-based planning and design of the online library through Catchafire (program of the St. Paul Foundation) and Prime Digital Academy. These volunteers have helped to maximize efficiency with resources. An external evaluator is planning evaluation activities for the online resource library.

Activities:

- Recruited and hired Communication/Office Manager; Research Librarian; and External Evaluator (Sept/Nov/Dec, 2021)
- Recruited a Website Usability Audit professional volunteer from St Paul Foundation's Catchafire Program - to assist with the planning and implementation of the online resource hub (Dec 2021)
- Researched volunteer team opportunity from Prime Academy - to create our online library platform (Jan 2022 - implementing in March-May 2022)
- Curated LiveMore ScreenLess' research folders and data briefs to identify 10-15 key research articles for the public; translating the research into understandable summaries (Jan 2022)
- Hired Youth Council President to identify stories about young people leading Digital Wellbeing initiatives to inform the Young People's page of the resource hub (Jan 2022)
- Met with school personnel to discuss holding focus groups sessions with Somali and Latinx parents in the school community to ensure the online library is accessible and understandable.

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- Met with the External Evaluator to plan evaluation activities (pretesting, focus groups) for the online library.

Outcomes:

- Professional planning advice and recommendations for the online resource hub, attending to audience, readability, and cultural responsiveness.
- Identification of key research articles from the LiveMore ScreenLess research collection.
- Ten to fifteen research article summaries that are understandable and accessible to the public.
- An agreement to work together with Prime Academy, a nonprofit organization in Minneapolis that offers IT support to nonprofit organizations.

LIVEMORE SCREENLESS GOAL #2

Create a Network of Organizations to collaborate and coordinate a parent education campaign, building upon existing Minnesota and National Resources.

Expenditures: \$16,467

Funding from the state grant has allowed LiveMore ScreenLess to hire staff and consultants to continue to build our network of organizations and to invest in relationship building locally and nationally. Staff include LiveMore ScreenLess' communications manager and co executive directors.

Activities

- Planned and conducted meetings to discuss the opportunities to work collaboratively on a parent education campaign. Our **Minnesota** partners include:
 - MDE - MN Department of Education's Early Childhood Specialist and Preschool Development Grant Workforce Specialist
 - MDH - MN Department of Health's MN Thrives Mental Wellbeing Resilience and Learning Community and Mental Health Promotion Coordinator, and MDH's School Health Services Coordinator
 - MN Association for Children's Mental Health
 - Spark and Stitch Institute
 - The Sanneh Foundation
 - Faribault Public Schools
 - Hopkins North Junior High
 - Two Rivers High School and ISD 197
 - YMCA's Equity Innovation Center
 - Youthprise
 - MINNDEPENDENT - professional development presentation by LiveMore ScreenLess
 - Education Minnesota - professional development by LiveMore ScreenLess
 - Minnesota School Counselor Association - professional development by LiveMore ScreenLess

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- Held meetings with our **national** partners to discuss the online library of resources to better understand how to collaborate and share expert resources. Our **National** partners include:
 - NextGen
 - The Wall Street Journal's Julie Jargon
 - The ScreenTime Action Network
 - LookUp.Live
 - The Online Safety and Cyberbullying Network
 - Online Safety Institute
 - St.Paul Foundation's Catchafire Program
 - Dr. Susan Linn, author and founder of the Campaign for a Commercial Free Childhood, Fairplay, lecturer in Psychiatry Harvard Medical School
 - Recruited and hired two University of Minnesota Strategic Communication interns to work on collaborative communication efforts
 - Met with an External Evaluator to plan evaluation activities for the Network of Organizations.

Outcomes

- Consulted and provided resources to MDE's Early Childhood Specialist, including Digital Wellbeing written material for a statewide document about the Minnesota screen time legislation, targeting early childhood teachers and school leaders (to be disseminated spring 2022)
- Contributed to a MN Thrives Mental Wellbeing video project in which LiveMore ScreenLess staff promoted ways to partner with MN Thrives statewide members
- Selected to present at the MN Association for Children's Mental Health winter training series: A Peer Education Approach to Promoting Student Digital Wellbeing
- Formalized partnership for parent education with Spark and Stitch Institute
- Confirmed partnership with The Sanneh Foundation to offer focus group and professional development opportunities for Dreamline Staff (spring 2022)

LIVEMORE SCREENLESS GOAL #3

Implement LiveMore ScreenLess Train the Trainer Series

Expenditures, Activities and Outcomes from Sept 1, 2021 - January 15, 2022

Expenditures: \$28,534

Funding from the state grant has allowed LiveMore ScreenLess to hire staff and consultants to research and plan the Train the Trainer Series and to continue to conduct trainings, professional development workshops, and webinars for Minnesota educators, school leaders, and health professionals. Staff include LiveMore ScreenLess' co-executive directors. Consultants include a digital learning specialist contractor who was hired for six weeks to analyze LiveMore ScreenLess' workshop series development and to provide recommendations on an effective asynchronous and synchronous professional development training for educators and an external evaluator who has been recently been added to the LiveMore ScreenLess team to provide evaluation of the training series. Funding also supported travel to deliver in person training and professional development for school staff and for LiveMore ScreenLess planning days.

Activities

- Meetings to understand and research online learning platforms
 - Minnesota Service Cooperatives
 - MDE
- Workshops and Trainings for Educators
 - MinnDependent - in person workshop
 - Virtual Trainings - Two part series - Technology is Not Neutral
 - Education Minnesota
 - Digital Wellbeing for Educators
 - Faribault School District
 - Technology Committee Trainings and Meetings
 - Development of Teacher Education App Assessment Tool
 - Professional Development Workshops - district wide training with early childhood, K-12 educators; community partners; and parent liaisons
 - Hopkins North Junior High Staff Meeting Presentation
 - ISD 197 District Leader Meeting
 - MN School Counselor Association Webinar-
 - Social Media and Mental Health - The Good, the Uncomfortable and the Ugly
- Consultant Hiring -

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- Digital and Content Strategist
 - External Evaluator

Outcomes

- Conducted Digital Wellbeing Workshops for Minnesota Educators and School leaders through virtual webinars and in person workshop
- Arranged meetings with state agencies to identify best practices for educator online learning platforms
- Reviewed and analyzed all of LiveMore ScreenLess previous workshops series and developed a streamlined process for online asynchronous and synchronous professional development curriculum development materials
- Infused Faribault Public School's Tech Committee Mission Statement with Digital Wellbeing language and provided leadership to support the mission across the district
- Formalized a contractor position to support the onlearning learning platform development
- Met with the External Evaluator to plan evaluation activities for the Train the Trainer series.

LIVEMORE SCREENLESS GOAL #4: Deliver Peer Inspired and Led Digital Wellbeing Education, Communication, and Health Promotion Strategies for young people.

Expenditures, Activities and Outcomes from Sept 1, 2021 - January 15, 2022

Expenditures \$19,451

Funding from the state grant has allowed LiveMore ScreenLess to hire staff and consultants to review existing curriculum and to further develop, write, produce, and publish the curriculum. The LiveMore ScreenLess staff is in the early stages of launching a pilot 1.0 version of LiveMore ScreenLess' Peer Education and Leadership program. Staff include LiveMore ScreenLess' co-executive directors and a recently hired Digital Wellbeing Youth Program Manager as a full-time staff member to coordinate the LiveMore ScreenLess Youth Council Advisory; to recruit a LiveMore ScreenLess Youth Council; and to develop and implement the Peer Education Curriculum. An intern has been contributing to the content, creation, and workshop. An external evaluator is planning evaluation activities for the peer education program. Funding supported travel to deliver in person peer training and education activities.

Activities

- 9th grade class visits at Hopkins North Junior High - co-led with Danyelle Robinson, Youth Council Member
- Youth Council meetings and activities - developing Peer Education plans
 - Celebration of Peer Education Leadership Certification
- International Youth4Youth Global Summit -
 - Youth Council presents on Peer Education
 - Danyelle Robinson shares Digital Wellbeing Legislation with Future of Tech Commission Co-chair and Former Governor Deval Patrick
- Meetings
 - Exposure Labs Director of Partnerships - Social Dilemma Producer
 - RISE (Realizing Individual Student Excellence) - Meeting with leaders for Peer Leadership workshop
 - Faribault Leadership Team to promote Peer Education and to provide a Student Digital Wellbeing Advisor
- Workshops
 - MinnDependent - in person workshop
 - Virtual Trainings
 - Education Minnesota
 - Peer Education for Digital Wellbeing Leadership

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- MN Student Counselor Association Webinar
 - Peer Education
 - Hiring
 - Digital Wellbeing Youth Program Manager - Full Time
 - External Evaluator - Contractor
 - Peer Education and Leadership Course Development
 - Youth-Voice inspired, led, developed

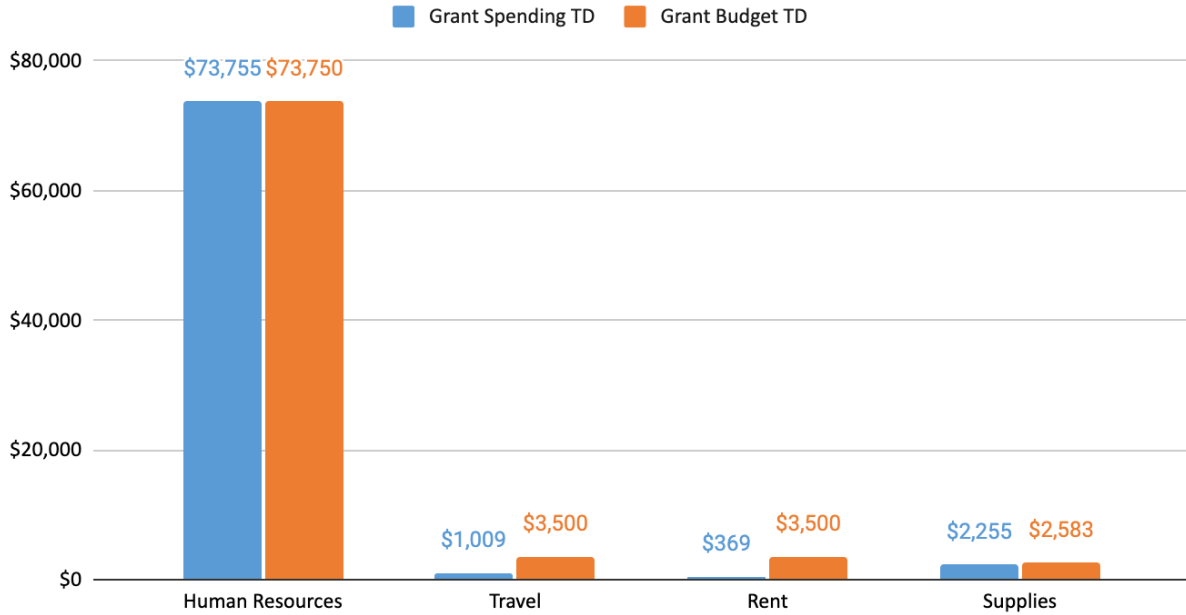
Outcomes

- Conducted Digital Wellbeing Workshops highlighting Peer Education for Minnesota Educators and School leaders through virtual webinars and in person workshop
- Conducted Digital Wellbeing Youth workshops
- Reviewed and analyzed LiveMore ScreenLess' Peer Education curriculum to further develop and more toward publication and implementation
- Formalized a Digital Wellbeing Youth Program Manager full-time position to support the Peer Education and Leadership Training development and implementation
- Met with the External Evaluator to plan evaluation activities for Peer Education activities.

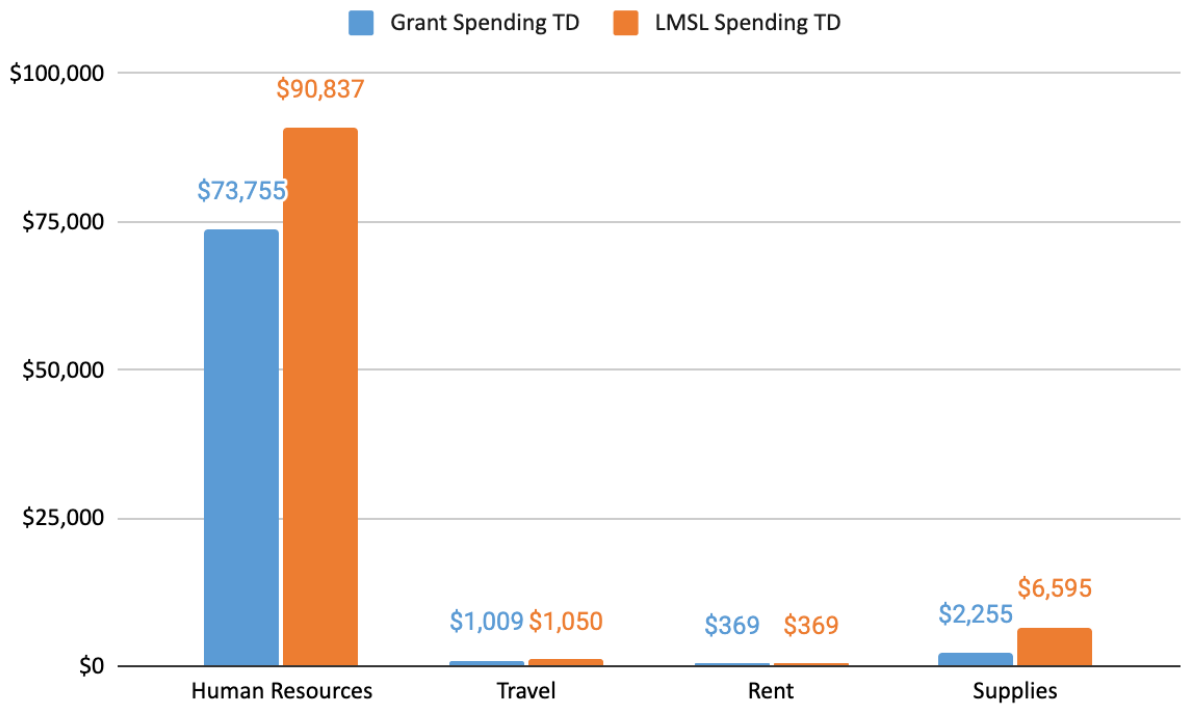
Appendix A

Financial Reporting - For the period September 1, 2021 - January 15, 2022

Actual Grant Spending vs. Budget -> On Track

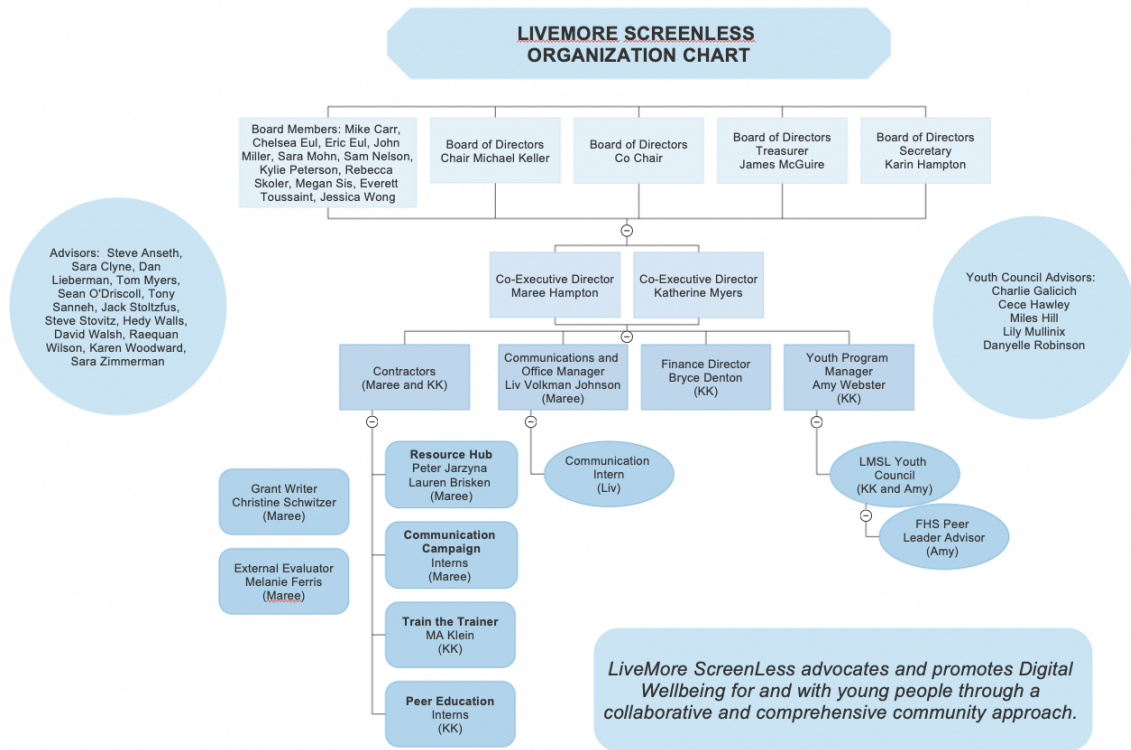


Grant Spending vs. LMSL Total Spending -> On Track



Appendix B

LiveMore ScreenLess Organizational Chart - January 2022



Appendix C

Youth Voice - Findings from a LiveMore ScreenLess Survey of 389 high school students

