



Governor Ned Lamont

Fact Sheet: 2026 Legislative Proposal

HOUSE BILL 5037

AN ACT PROMOTING THE SAFETY OF MINORS ON SOCIAL MEDIA PLATFORMS

The Current Situation

Increasingly, social media companies are taking advantage of kids, creating apps and algorithms – called “behavioral cocaine” by one developer – that decrease attention spans and can lead to addiction. The American Psychological Association reports that around 37% of teens spend five or more hours a day on social media which harmfully impacts their mental health and wellbeing.¹

A 2024 Pew Research Center study found that nearly 50% of teens between the ages of 13 and 17 say their use of social media platforms hurt the amount of sleep they get, and their productivity.² The same study also found that one-in-five teens believe social media negatively affects their mental health and grades.

Governor Lamont’s Solution

Prohibit social media companies from exposing minors to harmful and addictive algorithms and notifications without parental consent by establishing protective default settings:

- Accounts automatically set to private
- Only receive messages from accounts they are subscribed to
- Notifications disabled from 9:00 p.m. to 8:00 a.m.
- Feed comprised only of posts from accounts the user is subscribed to

¹ <https://www.apa.org/monitor/2024/04/teen-social-use-mental-health>

² https://www.pewresearch.org/wp-content/uploads/sites/20/2025/04/PI_2025.04.22_teens-social-media-mental-health_REPORT.pdf



- One-hour limit on specified portions of the platform where algorithms are used
- Surgeon General warning label about the mental health dangers social media poses when logging on to a platform

Minors have the option to opt out of any of the protective settings, with consent of a parent or legal guardian.

In addition, we would require social media platforms to annually report to the state the number of minors on their platform, the number of minors with parental consent to use addictive algorithms, and the average amount of time per day a minor spends on the platform, broken down by both age and time of day.