

Governor Phil Murphy

ICYMI: New Jersey Commission on the Effects of Social Media Usage on Adolescents Issues Final Report

Posted on - 09/22/2025

TRENTON – The New Jersey Commission on the Effects of Social Media Usage on Adolescents has issued its report on approaches that communities may consider to address issues such as cyberbullying, addictive use, sleep disruption, and mental health decline that may be linked to excessive social media exposure among youth.

The Commission, established through legislation signed into law by Governor Phil Murphy, was charged with investigating the effects of social media usage both in and out of school on adolescents. The Commission’s members included parents, students, and representatives of organizations representing school nurses, school psychologists, principals, superintendents, school board members, the Parent Teacher Association, and child-advocacy organizations.

“This Commission represented an impressive panel of State and national experts that demonstrated thoughtful deliberation on a deeply impactful and ever-evolving issue in our education policy landscape,” **said Education Commissioner Kevin Dehmer**. “Building off of this work, we must continue to review new research in light of the recommendations presented in this report to address the pressing issue of health and academic impacts of social media use on our students.”

“This report is a roadmap for action. Social media has rewired childhood, and the stakes could not be higher,” **said Commission Co-chairs Pearl Gabel and Charles Gelinas**. “New Jersey has the opportunity to lead the nation and prove that when it comes to our children, safety and well-being come first.”

Some of the Commission’s 20 recommendations include:

- School districts should adopt and implement policies on student cell phone use by instituting a bell-to-bell ban on the use of cell phones and social media in school.
- Parents should delay their child’s access to social media. When access is granted, parents should model good behavior, monitor their child’s use of social media, and set clear boundaries.
- Social media companies should restrict access to social media platforms for users younger than 16, provide tools for parents to better navigate social media use with their children, and develop and improve resources to prevent cyberbullying, discrimination, and child exploitation.
- Education stakeholders should continue to focus their efforts to provide students with instruction on digital citizenship and information on media literacy. Community organizations should promote resources to support teens’ healthy use of social media, and healthcare providers should screen adolescents for signs of “problematic social media use” to identify potential risks and provide early intervention.

 Back to top

The Commission's full report can be found on the New Jersey Department of Education's [Student Digital Wellness webpage \(https://www.nj.gov/education/safety/sandp/digital/\)](https://www.nj.gov/education/safety/sandp/digital/).

Governor Phil Murphy

[Home \(/governor/\)](/governor/)

Administration

[Governor Phil Murphy \(/governor/admin/about\)](/governor/admin/about)

[Lt. Governor Tahesha Way \(/governor/admin/lt\)](/governor/admin/lt)

[In memoriam of Lt. Governor Sheila Y. Oliver \(/governor/admin/lt-sheila-y-oliver\)](/governor/admin/lt-sheila-y-oliver)

[Senior Staff \(/governor/admin/staff\)](/governor/admin/staff)

[Cabinet \(/governor/admin/cabinet\)](/governor/admin/cabinet)

[Office of Climate Action and the Green Economy \(/governor/climateaction/\)](/governor/climateaction/)

[Office of Equity \(/governor/admin/equity/\)](/governor/admin/equity/)

[Office of Health Care Affordability and Transparency \(/governor/admin/affordablehealthcare/index.shtml\)](/governor/admin/affordablehealthcare/index.shtml)

[Boards, Commissions & Authorities \(/governor/admin/bca\)](/governor/admin/bca)

[New Jersey Puerto Rico Commission \(https://www.nj.gov/puertoricocommission/\)](https://www.nj.gov/puertoricocommission/)

[Internship Opportunities \(/governor/admin/internship.shtml\)](/governor/admin/internship.shtml)

[Governor's Fellows Program \(/governor/admin/fellows\)](/governor/admin/fellows)

[Governor's Residence - Drumthwacket \(http://drumthwacket.org/\)](http://drumthwacket.org/)

Key Initiatives

[Economy & Jobs \(/governor/initiatives/#Economy\)](/governor/initiatives/#Economy)

[Education \(/governor/initiatives/#Education\)](/governor/initiatives/#Education)

[Environment \(/governor/initiatives/#Environment\)](/governor/initiatives/#Environment)

[Health \(/governor/initiatives/#Health\)](/governor/initiatives/#Health)

[Law & Justice \(/governor/initiatives/#Justice\)](/governor/initiatives/#Justice)

[Transportation \(/governor/initiatives/#Transportation\)](/governor/initiatives/#Transportation)

News & Events

[Press Releases \(/governor/news/news/562024/approved/news_archive.shtml\)](/governor/news/news/562024/approved/news_archive.shtml)

[Photos \(https://www.flickr.com/photos/govmurphy\)](https://www.flickr.com/photos/govmurphy)

[Public Addresses \(/governor/news/addresses\)](/governor/news/addresses)

[Executive Orders \(/infobank/eo/056murphy/approved/eo_archive.html\)](/infobank/eo/056murphy/approved/eo_archive.html)

[Administrative Orders \(/governor/news/ao/approved/ao_archive.shtml\)](/governor/news/ao/approved/ao_archive.shtml)

[Direct Appointments \(/governor/news/appointments\)](/governor/news/appointments)

[Advice and Consent Appointments \(/governor/news/acappointments\)](/governor/news/acappointments)

[Statements on Legislation \(/governor/news/statements/approved/statements_archive.shtml\)](/governor/news/statements/approved/statements_archive.shtml)

[Administration Reports \(/governor/news/adminreports/approved/archive.shtml\)](/governor/news/adminreports/approved/archive.shtml)

[Transition Reports \(/governor/news/reports/approved/reports_archive.shtml\)](/governor/news/reports/approved/reports_archive.shtml)

[Press Kits \(/governor/news/press\)](/governor/news/press)

Social

[Facebook \(https://www.facebook.com/governorphilmurphy/\)](https://www.facebook.com/governorphilmurphy/)

[Twitter \(https://twitter.com/GovMurphy\)](https://twitter.com/GovMurphy)

[Instagram \(https://www.instagram.com/govmurphy/\)](https://www.instagram.com/govmurphy/)

[Snapchat \(https://www.snapchat.com/add/philmurphy\)](https://www.snapchat.com/add/philmurphy)

[YouTube \(https://www.youtube.com/njgovernorsoffice\)](https://www.youtube.com/njgovernorsoffice)

[Bluesky \(https://bsky.app/profile/govmurphy.bsky.social\)](https://bsky.app/profile/govmurphy.bsky.social)

Contact Us

[Scheduling Requests \(/governor/contact/scheduling/\)](/governor/contact/scheduling/)

[Contact Us \(/governor/contact/all/\)](/governor/contact/all/)

Statewide

[NJ Home \(/www.nj.gov\)](http://www.nj.gov)

[Services A to Z \(/www.nj.gov/nj/gov/njgov/alphaserv.html\)](http://www.nj.gov/nj/gov/njgov/alphaserv.html)

[Departments/Agencies \(/www.nj.gov/nj/gov/deptserv/\)](http://www.nj.gov/nj/gov/deptserv/)

[FAQs \(/www.nj.gov/faqs/\)](http://www.nj.gov/faqs/)

[Contact Us \(/www.nj.gov/nj/feedback.html\)](http://www.nj.gov/nj/feedback.html)

[Privacy Notice \(/www.nj.gov/nj/privacy.html\)](http://www.nj.gov/nj/privacy.html)

[Legal Statement & Disclaimers \(/www.nj.gov/nj/legal.html\)](http://www.nj.gov/nj/legal.html)

[Accessibility Statement \(/www.nj.gov/nj/accessibility.html\)](http://www.nj.gov/nj/accessibility.html)

(//nj.gov/opra/)

(https://my.nj.gov/)

Copyright © State of New Jersey, 1996-2025
Office of Governor PO Box 001
Trenton, NJ 08625
609-292-6000

(https://tech.nj.gov/)