



[ReclaimChildhood.virginia.gov](https://www.ReclaimChildhood.virginia.gov)

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ReclaimChildhood@governor.virginia.gov

Reality in Virginia

33

hours per week
the average teen
spends on social
media

57

percent of teen
girls in Virginia who
feel chronically
hopeless or sad

40

percent of kids in
grades 4-8
chatted with a
stranger online

91

percent of teens
have encountered
sexual content
online

The Solution is YOU!

Sign the Pledge to reduce your screen time by 25% in 2025
[reclaimchildhood.virginia.gov](https://www.ReclaimChildhood.virginia.gov)

33

Executive Order 33
establishes phone free
schools (K-12) to
promote the health,
safety, and academic
excellence of students

43

Executive order 43
addresses the youth
mental health crisis
linked to addictive
social media and offers
positive solutions

RC

Reclaiming Childhood
is powering a
movement of family,
community and
government drivers to
create cultural change

CC

Community
Conversations, hosted
by First Lady Suzanne
S. Youngkin, highlight
stats and stories to
drive change