



November 10, 2025

The Honorable Kathy Hochul
Governor of New York State
NYS State Capitol Building
Albany, NY 12224

Dear Governor Hochul,

We are writing as constituents of New York state, members of Common Sense Media's New York Advisory Council, and parents deeply concerned about the impact of social media on children's mental health and well-being. We are grateful for your leadership in protecting New York children online and in the classroom by signing the SAFE for Kids Act, championing bell-to-bell phone-free schools, and enacting provisions to protect kids from unsafe AI companions.

We write today to reiterate our strong support for S4505/A5346, which would require warning labels on addictive social media platforms, and urge you to sign this bill into law. Additional protections are needed to keep kids safe from addictive social media platforms - New York families cannot wait any longer.

A similar bill, AB 56, was signed into law by California Governor Gavin Newsom on Monday, October 13, 2025. This law will require social media platforms with addictive feeds to display clear and visible warning labels about the risks of excessive use to minors. For more about AB 56, please see the factsheet from Common Sense Media [here](#).

As you are aware, children's social media use is at an all-time high. The former U.S. Surgeon General reported that up to 95% of teens aged 13-17 use social media, with more than one in three saying they use it "almost constantly."¹ The average teen now receives over 230 notifications per day and spends nearly four and a half hours on their smartphone.² This is the result of intentional design choices by tech companies to maximize user engagement and profit, regardless of the cost to kids' mental health.

¹ The U.S. Surgeon General's Advisory, (2023), *Social Media and Youth Advisory*, <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>.

² Jenny S. Radesky, et al., (2023), *Constant Companion: A Week in the Life of a Young Person's Smartphone Use*, Common Sense Media, https://www.commonsensemedia.org/sites/default/files/research/report/2023-cs-smartphone-research-report_final-for-web.pdf.



Mounting research clearly states that excessive social media use contributes to increased youth depression, anxiety, suicidal ideation, and self-harm.³ The former U.S. Surgeon General has warned that more than three hours of daily use doubles the risk of mental health problems in minors.⁴ Children are struggling to set boundaries, and parents require tools to counter the algorithms that keep their kids hooked.

The Social Media Warning Labels bill (S4505/A5346) will help ensure that New York families are informed and empowered by requiring clear, visible warnings about excessive use, just like those required on alcohol and tobacco products. This bill complements the broader framework of New York's online safety measures for kids, which you have championed, and provides long-overdue protections for families.

As you consider which bills to sign into law this session, we urge you to make this bill one of your highest legislative priorities.

Thank you for your leadership and continued commitment to New York's children and families.

Sincerely,

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Jeff Preston

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Lauren Salem

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³ Ibid.

Emily Young, et al., (2023), *Frequent Social Media Use and Experiences with Bullying Victimization, Persistent Feelings of Sadness or Hopelessness, and Suicide Risk Among High School Students – Youth Behavior Survey, United States, 2023*, U.S. Centers for Disease Control and Prevention, https://www.cdc.gov/mmwr/volumes/73/su/su7304a3.htm?s_cid=su7304a3_w.

Jason M. Nagata, et al., (2025), *Social Media Use and Depressive Symptoms During Early Adolescence*, JAMA Network, https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2834349?utm_source=For_The_Media&utm_medium=referral&utm_campaign=ftm_links&utm_term=052125.

⁴ Ibid.



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