

# Proclamation

## by Governor Patrick Morrisey

**Whereas,** research indicates that excessive screen use negatively affects children's and teens' mental health, contributing to increased anxiety, depression, poor body image, and higher rates of teen suicide; and

**Whereas,** excessive screen use also impacts cognitive development, social and emotional growth, and physical health in children and young adults; and

**Whereas,** the American Association for the Child's Right to Play encourages children, families, and communities to take a break from digital entertainment and enjoy activities beyond the screen; and

**Whereas,** experts in the fields of pediatrics and psychology encourage families to reduce and manage children's screen time to establish healthy digital habits; and

**Whereas,** *Screen-Free Week* is celebrated nationally from May 4-10, 2026, and raises awareness of these challenges while advocating for children's rights to privacy and child-led play.

**Now, Therefore,** Be it Resolved that I, Patrick Morrisey, Governor of the Great State of West Virginia, do hereby proclaim *May 4-10, 2026*, as:

### *Screen-Free Week*

in the Mountain State and encourage all citizens to join me in observance.

**In Witness Whereof,** I have hereunto set my hand and caused the Great Seal of the State of West Virginia to be affixed.

**Done** at the Capitol, City of Charleston, State of West Virginia, this the Fourth Day of May, in the year of our Lord, Two Thousand Twenty-Six, and in the One Hundred Sixty-Third Year of the State.



*Patrick Morrisey*  
Governor

*By the Governor:*



*Kris Warner*  
Secretary of State