



VIM LI CAS QHOV NO TSEEM CEEB

Cov tis vis, cov xov tooj ntse, cov phiaj tablet, cov tshuab computer thiab cov cuab yeej tua nkees yog cov khoom ib txwm muaj havv feem ntau ntawm cov me nyuam lub neej txhua hnuv. Txij thaum muaj tus kab mob kis thoob ntiaj teb, tau muaj txoj kev siv tshuab hluav taws xob sib txuas lus ntau heev tshaj plaws. Thooj txhij ntawd, cov qib kev ntxhov siab, kev nyuab siab thiab kev txov tus kheej siav ntawm cov me nyuam ua rau U.S. Surgeon General (Teb Chaws Asmeskas Kws Phais Mob Dav) tau plov muaj Advisory on Protecting Youth Mental Health (Kev Pom Zoo Tiv Thaiv Neeg Hluas Txoj Kev Puas Siab Ntsws Puas Hlwb) havv lub Kaum Ob Hlis ntuj 2021.¹

Thaum cov me nyuam siv sij hawm saib cov phiaj tshuab ntau heev dhau, lawv siv sij hawm tsawg dua los pw tsaug zog kom zoo, dhia ua si thiab muab caij mus tawm rooj ua si, uas tag nrho yog cov yuav txhawb rau txoj kev noj qab nyob zoo.

YAM KEV TSHAWB FAWB HAIS QHIA

Cov qib kev ntxhov siab thiab kev nyuab twj yeej nce siab heev ua ntej muaj tus kab mob kis thoob ntiaj teb lawm. Txij thaum muaj tus kab mob COVID-19, cov me nyuam siv sij hawm tsawg dua dhia ua si, siv sij hawm saib cov phiaj tshuab ntau heev dua, thiab tau ceeb toom muaj cov teeb meem pw tsis tsaug zog ntau heev dua, nrog rau kev qaug zog, kev cais nyob twm zeej thiab ntsiab muag nkees heev vim saib daim phiaj tshuab.² Ua ntej pib muaj tus kab mob kis thoob ntiaj teb, cov me nyuam hnuv nyoog 8-12 xyoos siv sij hawm li 5 teev ib hnuv twg saib daim phiaj tshuab hos cov neeg hluas siv sij hawm txog 9 teev ib hnuv twg.³ National Institutes of Health (Teb Chaws Cov Koom Haum Kawm Kev Noj Qab Haus Huv) (NIH) ib txoj kev tshawb kawm loj txog me nyuam cov hlwb pom qhov nruab nrab thaum muaj tus kab mob COVID nce mus rau kev saib phiaj tshuab 7.7 teev – tsis xam sij hawm saib ntawv – rau cov muaj 12-13 xyoos.⁴ CDC tau ceeb toom tias 78% ntawm cov neeg kawm ntawv qib high school tsis tau pw tsaug zog txaus.⁵

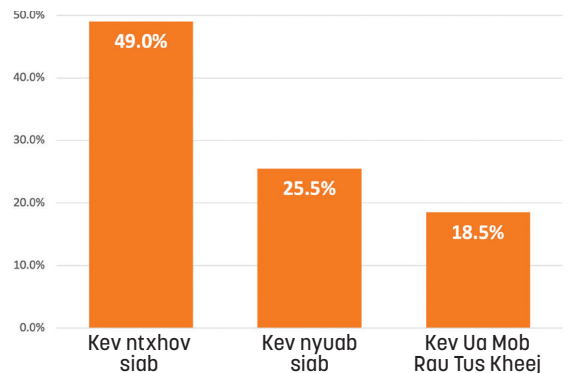
Qee cov kev tshawb kawm pom zoo kom muaj lub sij hawm zoo raws 'Goldilocks'. Cov neeg siv Facebook uas siv ib teev ib hnuv twg ntawm qhov vas sab sib raug zoo saum huab cua yog cov tsis kho siab tshaj plaws; cov uas siv sij hawm tsawg dua los sis ntau dua ib teev yog cov kho siab dua.⁶ Cov kws tshaj lij pom zoo kom muaj cov kev so ntawm cov kev sib raug zoo saum huab cua, tshwj xeeb yog koj tus me nyuam muaj kev xav phem, khib siab los sis xav tsis zoo; los sis pom nws tsis kaj siab txog nws tus kheej tom qab nyob saum huab cua tag.⁷

Cov kws tshawb fawb yuav tshawb ntxiv txog txoj kev sib cuam tshuam ntawm lub sij hawm saib daim phiaj tshuab thiab neeg hluas txoj kev puas siab ntsws puas hlwb. Tus [Surgeon General \(Kws Phais Mob Dav\) qhov Youth Mental Health Crisis Advisory \(Kev Pom Zoo Tiv Thaiv Neeg Hluas Txoj Kev Puas Siab Ntsws Puas Hlwb\)](#) tau hu rau cov lag luam tshuab hluav taws xob kom muab cov ntau ntawv pab rau lawv txoj kev tshawb fawb no mus ntxiv.⁸

QHOV NO PUAS RAU COV ME NYUAM ZOO LI CAS

Siv sij hawm ntau heev saib daim phiaj tshuab yuav hloov lub hlwb vim daim tawv qhwm paj hlwb yuav nyias zuj zus, uas rau cov kev peev xwm siv lub hlwb muaj tsawg zuj zus.⁹ Cov kws tshawb fawb tau ceeb toom qhia tias saib lub xov tooj ntse heev dhau yuav tsim muaj kev puas rau cov txuj ci kev sib raug zoo, kev xav tawm tswv yim nyuab, thiab kev tswj tau siab ntsws. Ntau cov kws tshaj lij tau pom zoo ncuva txoj kev siv xov tooj ntse kom txog thaum muaj hnuv nyoog 14 xyoos, uas cov me nyuam cov hlwb xeeb meej dua lawm. Cov me nyuam muaj cov xov tooj ntse muaj feem yuav pom tej yam tsis zoo saum huab cua thiab kev zes ua phem saum huab cua. Cov kws tshawb fawb tau taug qab txog txoj kev quav tshuab hluav taws xob puas raug txoj kev tswm xeeb thiab txoj kev peev xwm tswj siab taus li cas, tiam sis puav leej xyuas txog nws txoj kev tsim muaj kev nyuab siab, kev ntxhov siab thiab cov kev xav txov tus kheej siav li cas.¹⁰

FEEM PUA NTAWM COV ME NYUAM UAS CEEB TOOM QHIA NTAWM TUS KHEEJ (2019 WISCONSIN YRBS, COV HNUV NYOOG 13 - 18 XYOOG)

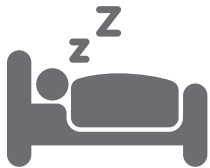


MUAJ DAB TSI TSHWM SIM HAUV WISCONSIN?

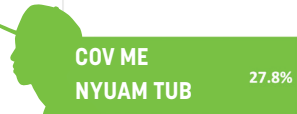
Hauv 2019, 55% ntawm Wisconsin cov neeg kawm ntawv qib high school tau hais tias lawv tsis dhia ua si (60 feeb ib hnuv twg li tsib los sis ntau hnuv tshaj). Cov qib tsis dhia ua si ntawm me nyuam ntxhais siab dua cov me nyuam tub.¹¹ Ntxiv mus, feej ntau ntawm peb cov neeg kawm ntawv qib high school tsis pw tsaug zog raws li kev pom zoo (8-10 teev) yog qhov nruab nrab rau cov hmo muaj kawm ntawv hnuv tom qab.¹²



FEEM PUA NTAWM WISCONSIN COV NEEG KAWM NTAWV QIB HIGH SCHOOL UAS TSI SIV DAG ZOG UA DAB TSI



FEEM PUA NTAWM WISCONSIN COV NEEG KAWM NTAWV QIB HIGH SCHOOL KEV PW TSAUG ZOG 8 TEEV / IB HMOS TWG



Ze li ib nrab ntawm tag nrho Wisconsin cov me nyuam 13-18 tau ceeb toom qhia kev ntxhov siab; 28% tau ceeb toom qhia kev nyuab siab thiab 18% tau ceeb toom qhia kev ua mob rov rau tus kheej hauv 2019.¹³ Cov neeg hluas tsis nto hnuv nyoog thiab cov neeg loj nto hnuv nyoog hauv OCMH cov kev sib mloog tham tau hais tias lawv tau poo raug tej nthuav muaj uas tsim kev raug mob taus hauv kev sib raug zoo saum huab cua thiab cov niam txiv yuav tsum raus tes tswj xyuas cov nthuav muaj, tshwj xeeb yog rau cov me nyuam tseem yau.

COV CHIV KEEB:

¹ U.S. Surgeon General. (2021) "Protecting Youth Mental Health (Tiv Thaviv Neeg Hluas Txoj Kev Puas Siab Ntsws Puas Hlwb): U.S. Surgeon General's Advisory (Teb Chaws Asmeskas Kws Phais Mob Dav Kev Pom Zoo)." Rub tau los ntawm: <https://www.hhs.gov/about/news/2021/12/07/us-surgeon-general-issues-advisory-on-youth-mental-health-crisis-further-exposed-by-covid-19-pandemic.html>

² Pandya thiab Lodha. Social Connectedness (Kev Sib Ntaus Phooj Ywg), Excessive Screen Time During COVID-19 and Mental Health (Kev Saib Phiaj Tshuab Ntau Dhau Heev Thaum Muaj COVID-19 thiab Kev Puas Siab Ntsws Puas Hlwb). Kev Xyuas Txog Pav Thawj Muaj Tam Sim No. *Frontiers in Human Dynamics (Cov Kev Ceev Nruj Tib Neeg Xeeb Ceem)*. Xya Hli Ntuj 2021 Rub tau los ntawm <https://www.frontiersin.org/articles/10.3389/fhumd.2021.684137/full>

³ American Academy of Child & Adolescent Psychiatry (Neeg Asmeskas Kev Kawm Txog Me Nyuam & Neeg Hluas Lub Siab Ntsws Lub Hlwb). *Screen Time and Children (Cajj Saib Phiaj Tshuab thiab Me Nyuam)*, Zauv 54. Ob Hlis Ntuj 2020. Kev Yeej Paub Txog Cov Xov Xwm *The Common Sense Census (Suav Txog Kev Yeej Paub)*. Media Use by Kids 0-8 (Cov Xov Xwm Me Nyuam 0-8 Siv).

⁴ Nagata JM, Cortez CA, Cattle CJ, et al. Screen Time Use Among US Adolescents During the COVID-19 Pandemic (Cajj Saib Phiaj Tshuab ntawm Teb Chaws Asmeskas Cov Me Nyuam Thaum Muaj Tus Kab Mob Kis Thoob Ntiaj Teb COVID-19): Cov Kev Tshawb Nrhav Tau Los Ntawm Adolescent Brain Cognitive Development (ABCD) Study (Txoj Kev Kawm Txog Me Nyuam Lub Hlwb Kev Xeeb Meej). *JAMA Pediatrics*, 2022;176(11):94-96. doi:10.1001/jamapediatrics.2021.4334

⁵ CDC Kws Kawm Txog Youth Risk Behavior Survey (Kev Tshawb Kawm Txog Neeg Hluas Kev Coj Yam Ntxwv Muaj Teeb Meem) (YRBS). Wisconsin cov ntau ntawv hauv 2019 rub tau los ntawm <https://yrbs-explorer.services.cdc.gov/#/>

⁶ Wagner, K. Nix, N. (Peb Hlis Ntuj tim 8, 2022). Facebook cov kws tshawb fawb pom tias nws cov app ua rau peb khib siab heev dua. *Seattle Times*. <https://www.seattletimes.com/business/facebook-researchers-find-its-apps-can-make-us-lonelier/>

PEB UA TAU DAB TSI

- ➔ **Pib Yooj Yim:** Pib muab lub xov tooj ntawm tes uas tsis yog lub xov tooj ntse rau koj tus me nyuam. Ruaj siab rau [Tos kom txog qib 8](#).
- ➔ **Teeb Muaj Cov Kev Txwv Txiaiv:** Tsim muaj kev sib cog lus rau lub tsev neeg txoj kev siv tshuab hluav taws xob. Piv txwv: lees muab cov khoom cuab yeej, tshwj xeeb yog cov xov tooj ntse, tawm ntawm cov chav pw yav hmo ntuj thiab cov khoom txuas nrog cia rau ib qho chaw nruab nrab xws li chav ua noj thaum 9 teev tsaus ntuj. Npaj muaj cov kev so ntawm kev sib raug zoo saum huab cua.
- ➔ **Soj Xyuas Kev Siv:** Teeb kom muaj cov kev txwv txiaiv siv cov app, siv cov khoom pab rau niam txiv tswj thiab soj xyuas kev siv tas nrho cov khoom cuab yeej.
- ➔ **Sib Tham Seb Vim Li Cas:** Kev siv xaim lv taws nej ywv pheej thiab kev zes ua phem saum huab cua yuav muaj kev raug mob loj heev sai; tshuab hluav taws xob yuav ua tau rau lub hlwb sab; yuav quav taus; thiab yuav ua rau cov neeg siv kho siab heev, tsis muaj kev sib raug zoo, ntxhov siab thiab nyuab siab.
- ➔ **Cob Qhia Sij Hawm Saib Phiaj Tshuab Kom Zoo:** Ceev kom cov caij noj haus tsis muaj tshuab hluav taws xob, tsis muaj cov khoom cuab yeej nyob saum lub rooj noj mob rau cov niam txiv los sis cov me nyuam. Txwv txiaiv koj tus kheej thiab koj cov me nyuam kom tsuas muaj kev sib raug zoo saum huab cua li ib teev ib hnuv twg, kev coj raws txoj cai Goldilocks. Muab cov phiaj tshuab kaw tseg li ib teev ua ntej caij pw.
- ➔ **Tsim Muaj Cov Xeeb Ceem Noj Qab Haus Huv:** Teem kom muaj cov caij ua si tawm rooj, hauv tej hav zoov hav tsuag yog tias mus tau, thiab txhawb kom muaj kev dhia ua si txaus txhua hnuv. Tswj xyuas kom cov me nyuam yeej pw tsaug zog txaus li pom zoo. Muab cov kev sib raug zoo tim ntsej tim muag saib ua ntej.

⁷ Pugle, M. (Kaum Ob Hlis Ntuj tim 14, 2021). *Surgeon General Says Mental Health of America's Youth Is in Crisis (Kws Phais Mob Dav Hais Tias Muaj Kev Puas Ntsoog rau Asmeskas Cov Neeg Hluas Txoj Kev Puas Siab Ntsws Puas Hlwb): Where Do We Go From Here (Peb Yuav Ua Li Cas Mus Ntxiv)?* Everyday Health (Kev Noj Qab Haus Huv Txhua Hnuv). <https://www.everydayhealth.com/emotional-health/surgeon-general-says-mental-health-of-americas-youth-is-in-crisis-where-do-we-go-from-here/>

⁸ U.S. Surgeon General Advisory on Protecting Youth Mental Health (Teb Chaws Asmeskas Kws Phais Mob Dav Txoj Kev Pom Zoo Tiv Thaviv Neeg Hluas Txoj Kev Puas Siab Ntsws Puas Hlwb). Kaum Ob Hlis Ntuj 2021. <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>

⁹ NIH (2018). Adolescent Brain Cognitive Development (ABCD) Study (Txoj Kev Kawm Txog Me Nyuam Lub Hlwb Kev Xeeb Meej). Bethesda, MD: National Institutes of Health

¹⁰ Abi-Jaoude, E., Naylor, K.T., & Pignatiello, A. (2020). Kev siv cov xov tooj ntse, kev sib raug zoo saum huab cua thiab neeg hluas kev puas siab ntsws puas hlwb. *Canadian Medical Association Journal (Neeg Canada Koom Haum Pab Kev Kho Kab Mob Kev Nkeeg Phau Ntawv Xov Xwm)*, 192 (6), E136-E141. <https://doi.org/10.1503/cmaj.190434>

¹¹ Centers for Disease Control (Cov Chaw Tswj thiab Tiv Thaviv Kab Mob) Youth Risk Behavior Survey (Kev Tshawb Kawm Txog Neeg Hluas Kev Coj Yam Ntxwv Muaj Teeb Meem) (YRBS). Wisconsin cov ntau ntawv hauv 2019 rub tau los ntawm: <https://nccd.cdc.gov/Youthonline/App/Results.aspx?LID=W>

¹² Centers for Disease Control (Cov Chaw Tswj thiab Tiv Thaviv Kab Mob) Youth Risk Behavior Survey (Kev Tshawb Kawm Txog Neeg Hluas Kev Coj Yam Ntxwv Muaj Teeb Meem) (YRBS). Wisconsin cov ntau ntawv hauv 2019 rub tau los ntawm: <https://nccd.cdc.gov/Youthonline/App/Results.aspx?LID=W>

¹³ McCoy, Katherine. 2019 Wisconsin Youth Risk Behavior Summary Report (Wisconsin Tsaub Ntawv Ceeb Toom Txog Neeg Hluas Cov Yam Ntxwv Tsim Teeb Meem). Madison: Wisconsin Department of Public Instruction (Tuum Tsev Tswj Kev Qhia Ntawv Dawb Rau Pej Xeeb) 2020.