



Youth for Neurodiversity Inc.

June 22, 2026

The Honorable Sasha Renée Pérez
Chair, Senate Education Committee
1021 O Street, Suite 6740
Sacramento, CA 95814

RE: SUPPORT for AB 2071 (Hoover-Umberg): Pupil instruction: digital wellness.

Dear Chair Pérez and Members of the Senate Education Committee,

On behalf of Youth for Neurodiversity Inc. (YND), a California-based, youth-led international nonprofit with 70+ student leaders and allies dedicated to empowering neurodivergent youth, I write in strong support of AB 2071 (Hoover-Umberg), the Digital Wellness Education Act.

On April 15, 2026, YND joined GENup, California's largest youth-led education justice organization, for a [Lobby Day](#) in Sacramento, where youth advocates met directly with legislators to champion digital literacy and student mental health. As a youth-led organization, we believe student voices must be central to shaping the policies that affect us.

Neurodivergent students are especially impacted by the challenges AB 2071 seeks to address. Many rely on digital assistive apps and online communities for emotional regulation, executive functioning, and peer connections. However, they also face heightened risks from addictive social media algorithms, unregulated AI, and online harm. Research shows that autistic youth experience bullying at rates of 40–67%, with a significant portion occurring through social media and online platforms.¹ Studies also find that ADHD youth are five times more likely to develop Social Media Disorder, which is traditionally linked to anxiety, addiction, and poor sleep.²

AB 2071's focus on digital wellness education, healthy screen habits, evaluating digital content, and online safety would directly help equip neurodivergent students with the skills they need. YND's advocacy work to foster allyship and inclusion is grounded in the neuroscience of empathy in developing brains. AB 2071 complements these efforts by promoting media literacy, digital empathy, and healthy technology habits that help create more inclusive and supportive online (and offline) environments for neurodivergent young people.

We urge the Committee to support AB 2071 and advance it toward passage. California has an opportunity to lead the nation in preparing students, including neurodivergent students, for the realities of social media, AI, and digital life through thoughtful, strengths-based instruction.

Thank you for your leadership on student mental health and wellbeing. YND would be pleased to provide additional student perspectives or testimony in support of this bill. I can be reached at info@youthfornd.org.

Sincerely,

Aashna Parsa

Aashna Parsa
Founder and President
Youth for Neurodiversity Inc.

¹ Accardo, Amy L et al. "Bullying Victimization is Associated with Heightened Rates of Anxiety and Depression Among Autistic and ADHD Youth: National Survey of Children's Health 2016-2020." *Journal of autism and developmental disorders* vol. 55,10 (2025): 3605-3621. doi:10.1007/s10803-024-06479-z

² Thorell, L.B., Dorrestein, M., Wurth, P. et al. Problematic Social Media use in Individuals with ADHD: Associations with Screen Time, Motives, Content, and Psychosocial Functioning. *Int J Ment Health Addiction* (2025). <https://doi.org/10.1007/s11469-025-01582-3>