

**Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City, Metro Manila**

**Twentieth Congress
First Regular Session**

HOUSE BILL NO. 1878



Introduced by Hon. Alexandria P. Gonzales

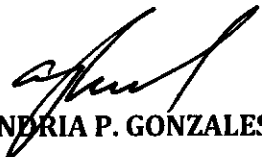
EXPLANATORY NOTE

In the 21st century, technology has become an indispensable part of daily life. While digital platforms offer unprecedented access to knowledge, communication, and entertainment, they also pose new threats to public mental health—especially among Generations X, Y, Z, and Alpha.

Studies have shown alarming rates of digital addiction, cyberbullying, online fatigue, sleep disturbances, and increased levels of anxiety and depression linked to excessive screen time and unregulated use of social media. This calls for a national framework that addresses digital well-being not merely as a personal responsibility, but as a shared societal mandate.

This bill seeks to institutionalize measures that promote responsible technology use through education, community involvement, mental health support, and workplace wellness. By ensuring digital wellness in our schools, homes, and offices, we aim to protect the mental and emotional health of every Filipino in an increasingly connected world.

Approval of this measure is earnestly sought.


ALEXANDRIA P. GONZALES

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AN ACT
PROMOTING DIGITAL WELL-BEING AND RESPONSIBLE USE OF TECHNOLOGY,
MANDATING DIGITAL WELLNESS EDUCATION, AND PROVIDING MEASURES FOR THE
PROTECTION OF MENTAL HEALTH IN THE DIGITAL AGE

Be it enacted by the Senate and House of Representatives of the Philippines in Congress assembled:

SECTION 1. *Short Title.* - This Act shall be known as the “Digital Well-being and Responsible Technology Use Act.”

SEC. 2. *Declaration of Policy.* - It is the policy of the State to promote and protect the mental health, emotional resilience, and holistic development of all Filipinos, especially the youth. In recognition of the growing influence of digital technologies, social media, and online platforms, the State shall adopt policies to ensure responsible technology use, safeguard psychological well-being, and cultivate a culture of digital mindfulness, empathy, and balance.

SEC. 3. *Definition of Terms.* - For the purposes of this Act, the following terms are defined:

- a. Digital Well-being – A state in which digital technologies are used in ways that support mental health, productivity, positive social relationships, and a balanced lifestyle.
- b. Digital Addiction – Excessive and uncontrolled use of digital devices, social media, or online games to the extent that it interferes with daily life, relationships, and mental health.
- c. Responsible Technology Use – The ethical, mindful, and productive engagement with digital platforms and tools in a way that upholds individual dignity and societal values.

SEC. 4. *Integration of Digital Wellness in Basic and Higher Education.* - The Department of Education (DepEd) and the Commission on Higher Education (CHED) shall:

- a. Integrate age-appropriate digital wellness, media literacy, and responsible technology use in the K to 12 and tertiary curricula;
- b. Conduct regular teacher training on digital well-being issues including cyberbullying, tech fatigue, and digital dependency;
- c. Collaborate with mental health professionals in developing teaching materials and student wellness programs.

SEC. 5. *Workplace Digital Wellness Program.* - The Civil Service Commission (CSC) and the Department of Labor and Employment (DOLE) shall require public and private institutions to adopt digital wellness policies, including but not limited to:

- a. Guidelines on healthy screen time;
- b. Reasonable restrictions on after-hours digital communication;
- c. Mental health support services related to digital stress and burnout.

SEC. 6. *Youth and Community Engagement.* - The Sangguniang Kabataan, in partnership with the Department of Information and Communications Technology (DICT) and National Youth Commission (NYC), shall implement community-based programs that promote:

- a. Responsible use of social media;
- b. Awareness campaigns on the effects of digital overexposure;
- c. Alternatives to excessive gadget use including sports, arts, and volunteerism.

SEC. 7. *Parental and Guardian Support Programs.* - The Department of Social Welfare and Development (DSWD) shall develop parenting workshops and resource materials that educate parents and guardians about:

- a. Digital hygiene practices at home;
- b. Setting screen-time boundaries;
- c. Recognizing signs of digital dependency in children and adolescents.

SEC. 8. *Research and Data Collection.* - The Department of Health (DOH) and the Philippine Statistics Authority (PSA), in coordination with academic institutions, shall conduct nationwide studies on:

- a. The psychological and social effects of digital overuse;
- b. Prevalence of digital addiction among various age groups;
- c. Evidence-based interventions and best practices on digital well-being.

SEC. 9. *Funding.* - The amount necessary to implement this Act shall be charged against the current appropriations of concerned agencies and from funds that may be appropriated by Congress thereafter.

SEC. 10. *Implementing Rules and Regulations.* - Within ninety (90) days from the effectivity of this Act, the concerned agencies shall promulgate the implementing rules and regulations necessary to carry out the provisions of this Act.

SEC. 11. *Separability Clause.* - If any part of this Act is declared unconstitutional, the remaining provisions shall not be affected.

SEC. 12. *Effectivity Clause.* - This Act shall take effect fifteen (15) days after its publication in the Official Gazette or in a newspaper of general circulation.

Approved,