



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

Twentieth Congress
First Regular Session

HOUSE BILL NO. 6214



Introduced by Representatives JOCELYN P. TULFO and RALPH WENDEL P. TULFO

AN ACT INTEGRATING DIGITAL WELLNESS, PROMOTING FOUNDATIONAL LITERACY, AND STRENGTHENING HOLISTIC EDUCATION IN THE BASIC EDUCATION CURRICULUM, APPROPRIATING FUNDS THEREFOR, AND FOR OTHER PURPOSES.

EXPLANATORY NOTE

The State recognizes the profound, yet double-edged, role of technology in the lives of the Filipino youth. While digital devices and online platforms offer unprecedented educational opportunities, their uncontrolled proliferation has led to widespread concerns about excessive screen exposure among learners. This issue has manifested in several alarming ways:

- The rise of "brain rot," a colloquial term for shortened attention spans, reduced critical thinking skills, and a preference for fast-paced, passive content consumption over deep, active learning.
- Deteriorating study habits, where constant distractions from notifications, social media, and online games impede the development of sustained focus and effective study techniques.
- Increased physical and mental health issues, including digital eye strain, sleep disruption, sedentary lifestyles, and heightened anxiety.
- A crisis in foundational skills, where, despite high connectivity, many learners struggle with reading comprehension and critical thinking, a trend highlighted by poor results in international assessments like PISA.

This urgent situation necessitates a decisive, holistic legislative response.

The Balanced and Healthy Filipino Learners Act of 2025 is strategically designed to address this by moving beyond simply demonizing technology. Instead, it teaches students how to use technology wisely while simultaneously providing attractive, high-quality alternatives that re-anchor learning in foundational skills.

This landmark legislation introduces crucial provisions to foster the development of holistic learners who are digitally literate yet physically active, mentally resilient, and grounded in strong foundational skills. Key to this is the mandatory, device-free "Literacy and Critical Thinking Hour" in elementary schools, dedicated to sustained silent reading and hands-on activities. The bill also mandates the integration of Digital Wellness and

Media Literacy into the curriculum and ensures that teachers and parents are equipped through mandatory training and guidance modules. By establishing a unified, multi-sectoral approach involving DepEd, DSWD, DOH, and DOST, this Act builds on existing educational frameworks and directly addresses a core anxiety of parents and educators across the nation.

By passing this Act, the Philippines will produce not only academically competent learners but also resilient, critical-thinking, and well-balanced citizens who are prepared to thrive in both the digital and physical worlds.

In view of the foregoing, the immediate passage of this bill is earnestly sought.



HON. JOCELYN P. TULFO
Representative, ACT-CIS PARTYLIST



HON. RALPH WENDEL P. TULFO
Representative, 2ND DISTRICT OF
QUEZON CITY



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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 ***"Balanced and Healthy Filipino Learners Act of 2025."***

SECTION 2. Declaration of Policy.

The State recognizes that the proliferation of digital devices and online platforms, while offering educational opportunities, has led to excessive screen exposure among the youth, resulting in risks such as shortened attention spans, reduced critical thinking skills, deteriorating study habits, and physical and mental health issues.

It is hereby declared the policy of the State to foster the development of holistic learners who are digitally literate yet physically active, mentally resilient, and grounded in strong foundational skills. This Act aims to strike a balance by integrating digital wellness into the educational system, promoting alternative learning modalities, and empowering parents and educators.

SECTION 3. Integration of Digital Wellness and Media Literacy in the Curriculum.

The Department of Education (DepEd) shall integrate age-appropriate modules on "Digital Wellness" and "Media Literacy" as a required subject component from Grades 4 to 12. Topics will include:

- Understanding algorithm-driven content and its effects.
- Techniques for self-regulating screen time (e.g., the Pomodoro technique).
- Identifying misinformation and developing critical thinking online.

- The impact of social media on mental health.
- Cyber safety and digital citizenship.

SECTION 4. Establishment of the "Literacy and Critical Thinking Hour."

All public elementary schools shall implement a daily, device-free "Literacy and Critical Thinking Hour." This dedicated unplugged time shall be devoted to:

- Sustained Silent Reading (SSR) of physical books from improved school libraries.
- Structured play and educational games that develop logic, reasoning, and social skills (e.g., chess, board games, debate clubs, drama).
- Project-Based Learning that involves hands-on activities, arts and crafts, and outdoor exploration.

SECTION 5. Teacher and Parent Training and Support.

The following programs shall be established to support the implementation of this Act:

- Capacity Building for Teachers: DepEd, in partnership with the Commission on Higher Education (CHED) and the Technical Education and Skills Development Authority (TESDA), shall develop and provide mandatory training programs for teachers on:
 - Integrating digital wellness concepts into their lessons.
 - Employing teaching strategies that compete with digital distractions (e.g., interactive, gamified learning in the classroom).
 - Identifying signs of problematic screen use in students.
- Parental Guidance Modules: The Department of Social Welfare and Development (DSWD) and DepEd shall jointly conduct community-based seminars and provide online resources for parents and guardians on:
 - Creating a "Family Media Plan" to set healthy boundaries at home.
 - Modeling good digital behavior.
 - Curating quality educational content and co-viewing with children.

SECTION 6. Enhancement of School Infrastructure and Resources.

A fund shall be allocated to enhance school infrastructure and resources to support holistic learning:

- Revitalization of School Libraries and Media Centers: Every public school library shall be upgraded into a vibrant "Learning Resource Center" through:
 - Acquiring new, engaging, and relevant books and periodicals.
 - Creating comfortable reading nooks and collaborative spaces.

- 1 o Providing resources for non-digital learning (science kits, art
- 2 supplies, etc.).
- 3 • Development of "Play Gardens" and Outdoor Learning Spaces: Schools
- 4 shall be encouraged and funded to develop outdoor areas that promote
- 5 physical activity and environmental education.

6 **SECTION 7. Research and Development for Alternative Learning Resources.**

7 The Department of Science and Technology (DOST) and DepEd shall collaborate

8 to develop and distribute low-tech and no-tech learning kits, especially for subjects

9 like Science and Mathematics, to make hands-on learning accessible in all settings,

10 including resource-limited ones.

11 **SECTION 8. Appropriations.**

12 The initial funding for the implementation of this Act shall be sourced from the

13 General Appropriations Act. A special fund known as the "Balanced Learner Fund"

14 is hereby established to support the provisions of this Act.

15 **SECTION 9. Implementing Rules and Regulations (IRR).**

16 The DepEd, in consultation with the DSWD, the Department of Health (DOH), and

17 the DOST, shall promulgate the Implementing Rules and Regulations (IRR) within

18 ninety (90) days after the effectivity of this Act.

19 **SECTION 10. Separability Clause.**

20 If any provision or part of this Act is declared unconstitutional or invalid, the other

21 provisions or parts hereof not affected thereby shall remain valid and enforceable.

22 **SECTION 11. Repealing Clause.**

23 All laws, decrees, orders, rules and regulations, or parts thereof inconsistent with

24 the provisions of this Act are hereby amended, repealed, or modified accordingly.

25 **SECTION 12. Effectivity.**

26 This Act shall take effect fifteen (15) days after its complete publication in the Official

27 Gazette or in at least two (2) newspapers of general circulation.

28 *Approved,*