

The Honorable Rep. Andi Story and Rep. Amanda Himschoot  
House Education Committee  
Alaska State Capital  
Juneau, AK 99801-1182

Dear Representatives Story and Himschoot:

My name is Jenny Loudon. I have lived in Anchorage for 31 years and raised my two children here. I am also one of the co-founders of the Alaska Eating Disorders Alliance (AKEDA). I am writing to express my strong support for HJR 28, which urges Congress and the President to prioritize passage of the Kids Online Safety Act this term. Specifically I support Federal legislation identical to S.1748 which passed the U.S. Senate in July 2024 with overwhelming bipartisan support. My support is rooted in my role as a parent whose family has been deeply affected by an eating disorder for the last decade, and who saw the ways that social media and online platforms caused deep, lasting harm.

My daughter was hijacked by an eating disorder 10 years ago at the age of 12. That eating disorder cast an extremely long shadow on our family activities for a decade – barging into family meals, vacations, holidays, camping trips, and graduations. Recovery has been difficult and expensive, requiring three out-of-state-hospitalizations and what is most likely close to a million dollars. While social media did not cause our child’s eating disorder, it made the illness far more severe and entrenched.

Our family was very thoughtful about how to introduce and supervise social media and online activities. We followed recommendations by Common Sense Media and other experts who advise parents on how to help their child use technology safely and wisely. We followed suggestions like intermittently checking her social media feed to see what kinds of accounts she was following, talking about online spaces and content, placing limits on phone use, and banning the phone in her bedroom at night. Despite all of my best efforts to provide guidance, limits, and oversight of harmful content, I couldn’t outsmart the algorithms.

Instead, she was inundated with posts encouraging extreme calorie restriction and glorifying dangerously underweight bodies. Online communities showed her emaciated bodies to act as inspiration in “Pro-Ana” (pro-anorexia) and “Pro-Mia” (pro-bulimia) communities. These sites shared with her tricks and suggestions for more and more extreme calorie restriction. They advised her on ways to shield her behaviors from her parents, teachers, and friends. The content acted as both motivation and instruction—fueling her illness and normalizing her behaviors by telling her anorexia was a reasonable “lifestyle choice.” All of this made recovery harder – should she listen to therapists and concerned family members telling her that this illness could kill her and that a better life laid on the other side of the illness, or should she listen to the siren call of these content creators encouraging her to remain ensconced in the embrace of the eating disorder?

Young people deserve safer online environments. Parents deserve more ability to monitor the types of content that their children are being shown. Social media companies have not been able to adequately address these harms on their own, which is why federal legislation establishing a duty of care is necessary.

I appreciate the House Education Committee for advancing HJR 28 and for recognizing the importance of encouraging swift federal action. I respectfully urge you to support this resolution

so that Congress can move quickly to pass the Kids Online Safety Act and better protect young people from preventable harm online.

Thank you for your consideration and for your commitment to Alaska's youth.

Sincerely,

**Jenny Loudon**  
Co-Founder  
Alaska Eating Disorders Alliance (AKEDA)