

High School Start Times: A Timely Issue

*Introducing the Oregon SLEEP Act of 2025
A bill by Oregon students, for Oregon students*

Presentation to Oregon Legislature
House Education Committee
December 10th, 2024



Multnomah Youth Commission

*A Unique Model of Youth Engagement
That Centers Youth Voices*

Project Principles:



Youth-Led

MYC projects are youth-led. Commissioners do the bulk work of leading meetings, making decisions, and engaging with stakeholders.



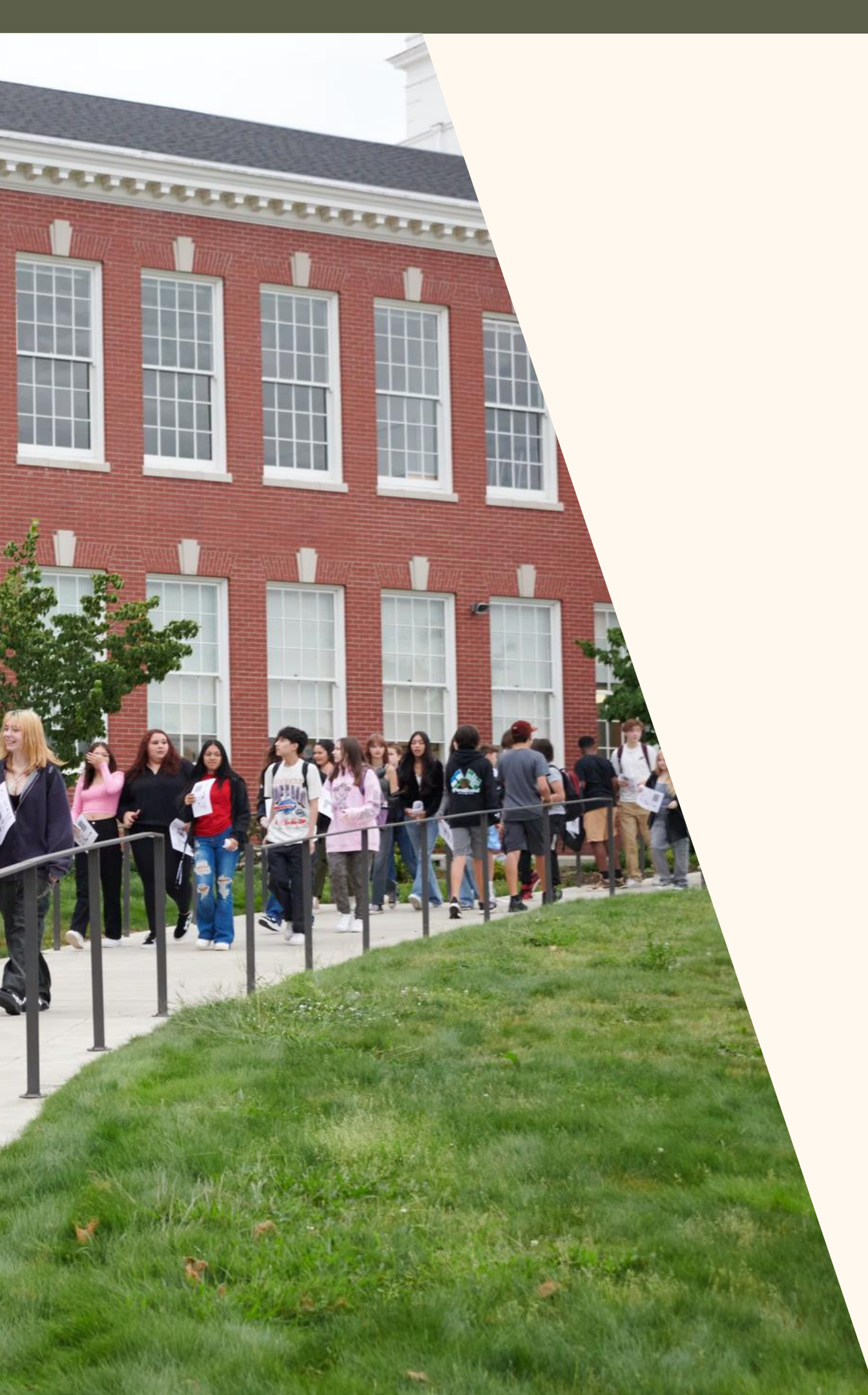
Youth-Centered

Adult staff support MYC commissioners through our Youth-Adult Partnership model which prioritizes youth participation and learning.



Youth-Created

All projects, no matter how big or small, are created by youth, for youth, inspired by the needs of fellow young people in commissioners' communities.

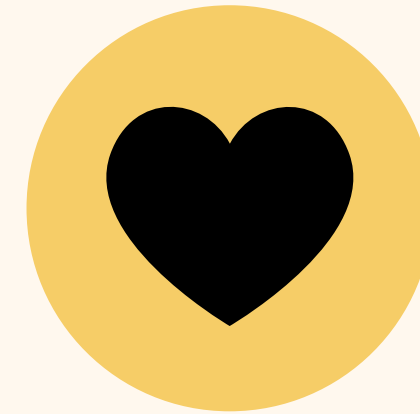


8:30am Works for Students



Few Downsides

- More time in the morning for students and teachers.
- Later start times for high school students are the best option for efficient bus schedules.



Meaningful Returns

- Highly promising evidence and anecdotal evidence of benefits for students, including higher graduation rates, fewer car crashes, and better academics.

A Bill that **Exceeds** **Expectations**



Engaging **Every**
Stakeholder



Providing **Support**
to Districts



Meeting **Students'**
Needs



Good for Students Good for Oregon

Two

Months Equivalent Gain
of Instructional Time

0%

Impact on Sports or
After-School Work

\$80 Million

Estimated Economic
Benefit Statewide

Students' Future Oregon's Future

Oregon has a chance to lead the nation by ensuring developmentally-appropriate start times for all students, while providing centralized support for the transition.

Join this movement for Oregon students!

