

Notice Your Digital Choices

Teens and supportive adults | Teens 13+ | 10 to 15 minutes

Observe one digital habit and test a change that supports your priorities.

Phones, games, and social spaces can offer connection, fun, learning, and stress. This page helps you notice one pattern without labeling you or deciding that all screen time is the same. Choose a change you actually want to test.

Observe one situation

Think about the last time you opened an app or game automatically. What was happening before? What did you hope to get: company, a break, information, distraction, or something else? How did you feel afterward?

Keep what helps and change one friction point

Choose one small experiment. Examples include silencing one notification during homework, charging the phone outside arm's reach during a chosen activity, or leaving a group that feels hurtful. Keep necessary access for safety and support.

Review rather than punish

Try the change once or twice. Notice whether it helped your chosen priority and what it cost. Adjust it with your clinician or trusted adult. A difficult experiment provides information; it is not proof that you lack self-control.

The digital situation I want to understand

What I hoped for and what happened afterward

One change I choose to test

When I will check whether it helped