

Social media and technology

Choose What My Screen Time Gives Me

Adults and teens 13+ | 10 to 15 minutes

Online activity can offer friendship, creativity, information, and support, as well as strain. Choose one habit such as checking a feed during homework or scrolling before sleep. Look at what it gives you and what it interrupts. A useful change should protect important connection and access.

Observe one habit without judging total screen time. Choose one adjustment and a brief review point.

Identify the purpose

Notice whether you seek connection, stimulation, escape, information, or something else. Include the situation and how you feel afterward. A habit that looks excessive from outside may also meet a real access or belonging need.

Change one condition

You could mute one notification, move a checking window, or choose a different way to contact an important friend. Keep emergency and access needs in view. Decide what improvement would matter, such as finishing a chosen task or feeling less compared with others.

1. What digital habit am I choosing to understand?**2. What useful need does it meet, and what cost do I notice?****3. What small adjustment could preserve the benefit and reduce the cost?****4. When will I review connection, attention, mood, or rest after the change?****Clinical use and adaptation**

Assess cyberbullying, surveillance, exploitation, and serious impairment when indicated. Avoid diagnosing addiction from hours alone or removing a teen's essential support network. Consider disability access and privacy. Keep any tracking voluntary and proportionate rather than turning reflection into monitoring by others.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: S11, S12, R19. Full sources are in the online preview and collection appendix.

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