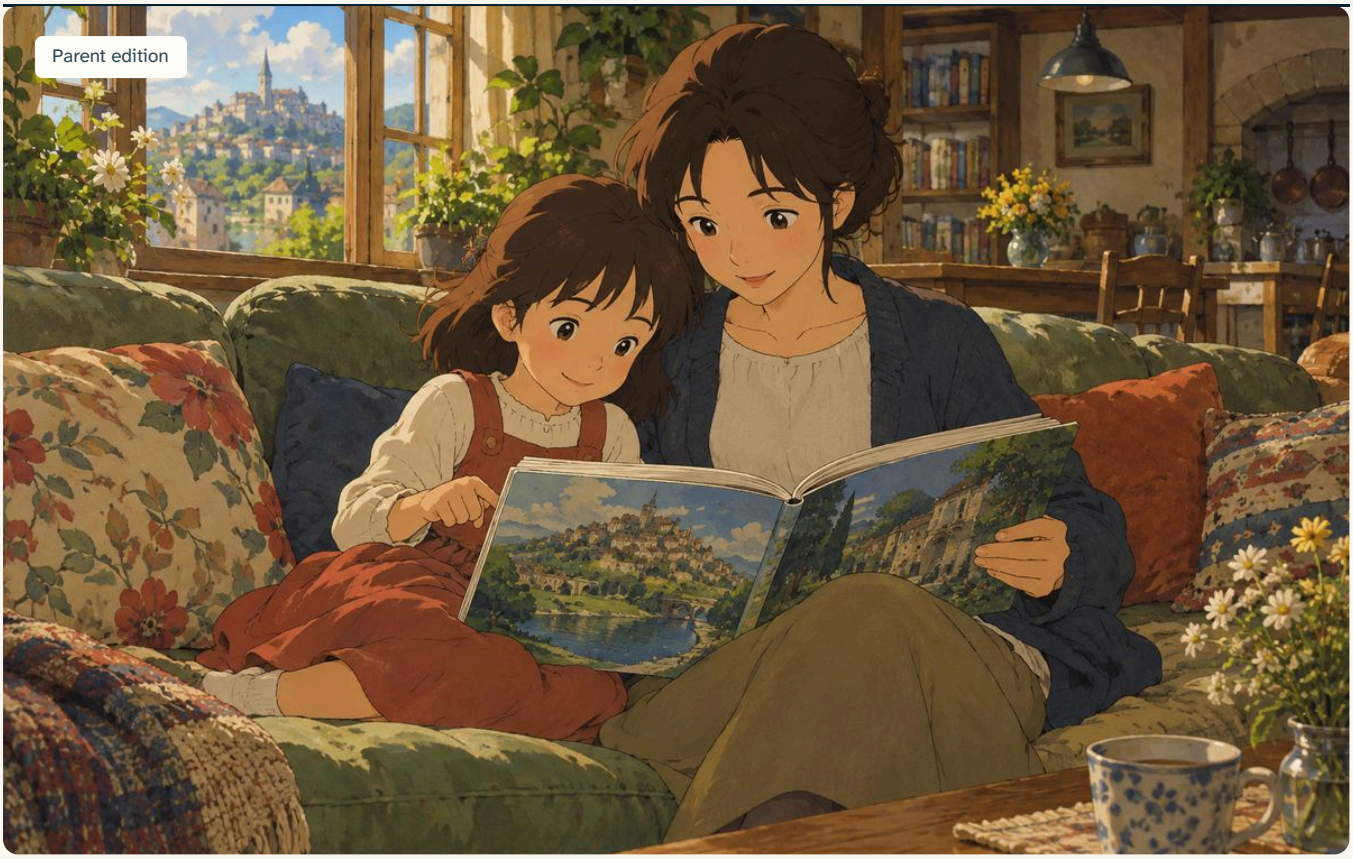


3. Six weeks, one step at a time

Document 3 of 5



From the story “The Margin” in your book. Picture made with AI image generation (OpenAI)

A six-week schedule for the practical suggestions in your story selection.

3D · Divert · Discomfort → Delight — HDI rests on one simple idea: 3D. Divert: when the pull toward the screen comes, you do not just fight it; you turn toward something that does you more good. Discomfort: the first days feel awkward, and that is expected; your energizers carry you through. Delight: repeat it, and what took effort becomes something you enjoy and choose.

Models for this age: energizers and copers ★ try first, from the stories chosen for you

★ 3E · Environment · Energize → Empower Environment — arrange your space so the good choice is the easy one; Energize — act first; the feeling follows; Empower — the change becomes yours

★ 3O · Others · Outdoors → Outstanding Others — people, face to face; Outdoors — time outside, in nature; Outstanding — feeling fully alive

3B · Basics · Body → Balance Basics — sleep, meals and rest without a screen; Body — move in your free time; Balance — a body that can switch off and recover

3F · Filter · Focus → Flow Filter — let in only what matters; Focus — one task at a time; Flow — deep absorption in something worth doing

3S · Separation · Solitude → Success Separation — distance from the phone; Solitude — time alone, without distraction; Success — you steer your day again

3A · Awe · Alertness → Achievement Awe — something bigger than you; Alertness — attention out, here and now; Achievement — doing something that means something to you

The 3D model, energizers and copers © HDI.Vision. Free to use and share under CC BY 4.0, with attribution.

This plan brings together the practical suggestions from your story selection. If a suggestion does not fit your household, leave it out; nothing needs to replace it.

Some stories were reached by your answers; others may be additional reading. Each story's opening tells you which. These suggestions are not a measurement of your child or a promise of change. Read the accompanying notes before choosing what to try.

Your six weeks, step by step with 3D

Week 1 · **Divert**: Start the first try, from the story *One Thing Each* (3O · Others · Outdoors → Outstanding). Write down when and where.

Week 2 · **Divert**: Add the try from the story *The Margin* (3O · Others · Outdoors → Outstanding); the earlier one stays.

Week 3 · **Discomfort**: Add the try from the story *Before It Goes On* (3E · Environment · Energize → Empower); the earlier one stays.

Week 4 · **Discomfort**: Keep going even when it feels clumsy; that is expected. Your energizers carry you here: 3E — arrange your space so the good choice is the easy one.

Week 5 · **Delight**: Repeat it. What took effort becomes something your family enjoys and chooses.

Week 6 · **Delight**: Look back together: keep, change or end each try. Nothing is graded.

Try 1, from week 1: the story *One Thing Each*.

Here is a story about Daniel, whose questions at dinner about screens were always questions for his daughter.

3O · Others · Outdoors → Outstanding SELECTED THROUGH YOUR ANSWERS

Read the whole story in the document “Stories for your family”, under the same title.

One way is to agree on one evening a week when everyone at the table, adults first, tells one thing they saw on a screen that day. It costs hearing about a video you would not have chosen, and telling one of your own.

This is not a way to change how long your child is on a screen, or what they meet there.

Not for everyone: not as a check-up; anyone may pass, your child too. If you are worried about something real, that is a different situation, and talking with someone who can help comes first.

WHEN AND WHERE:

Try 2, from week 2: the story *The Margin*.

Here is a story about Nate, who has his son with him for half of each week.

3O · Others · Outdoors → Outstanding SELECTED THROUGH YOUR ANSWERS

Read the whole story in the document “Stories for your family”, under the same title.

One way is to sit at the same table while your child plays, and to ask what things are called. Say plainly which settings you have put on the device. What matters is that your child has heard you say it. It costs whatever else you would have done while they played.

This does not tell you what you cannot see, or promise you will be told more.

Not for everyone: if your child also lives in another home with other settings, say only which are on in yours. Not for when you fear something real is happening to your child; that is a different situation, and talking with someone who can help comes first.

WHEN AND WHERE:

Try 3, from week 3: the story *Before It Goes On*.

Here is a story about Ema, whose home has a new tablet in it, still in its box.

3E · Environment · Energize → Empower SELECTED THROUGH YOUR ANSWERS

Read the whole story in the document “Stories for your family”, under the same title.

One way is to decide with your child, before it is switched on for the first time, where it will live and where it charges, in a room the family shares. It costs a little of the first-day excitement.

This says nothing about what your child would do with more or less within reach.

Not for everyone: not for a device your child needs for school or for health in their own room. Then it stays where it is needed.

WHEN AND WHERE:

The note on each story and its sources are printed with that story in the document “Stories for your family”.

Your answers and this report are handled by the association HDI – Human Digital Intelligence, Zagreb, which is responsible for them. For anything about your data, write to info@hdi.vision.

Thank you for taking part. What you gave was your own view of your home, and that is all this report rests on.

If anything in this report upsets you, or you want to talk it over with someone, write to info@hdi.vision and a person will answer. Questions about your data go to the same address.

Your answers are kept for twelve months from the day you finished answering, then deleted. You can ask for them to be deleted sooner at any time by quoting your pass code.

This is a self-assessment, not a medical or clinical examination and not a diagnosis. Your answers are used for your own report and are not used for research. They come under the data-protection measures set out for them by the association HDI – Human Digital Intelligence, and nothing else.