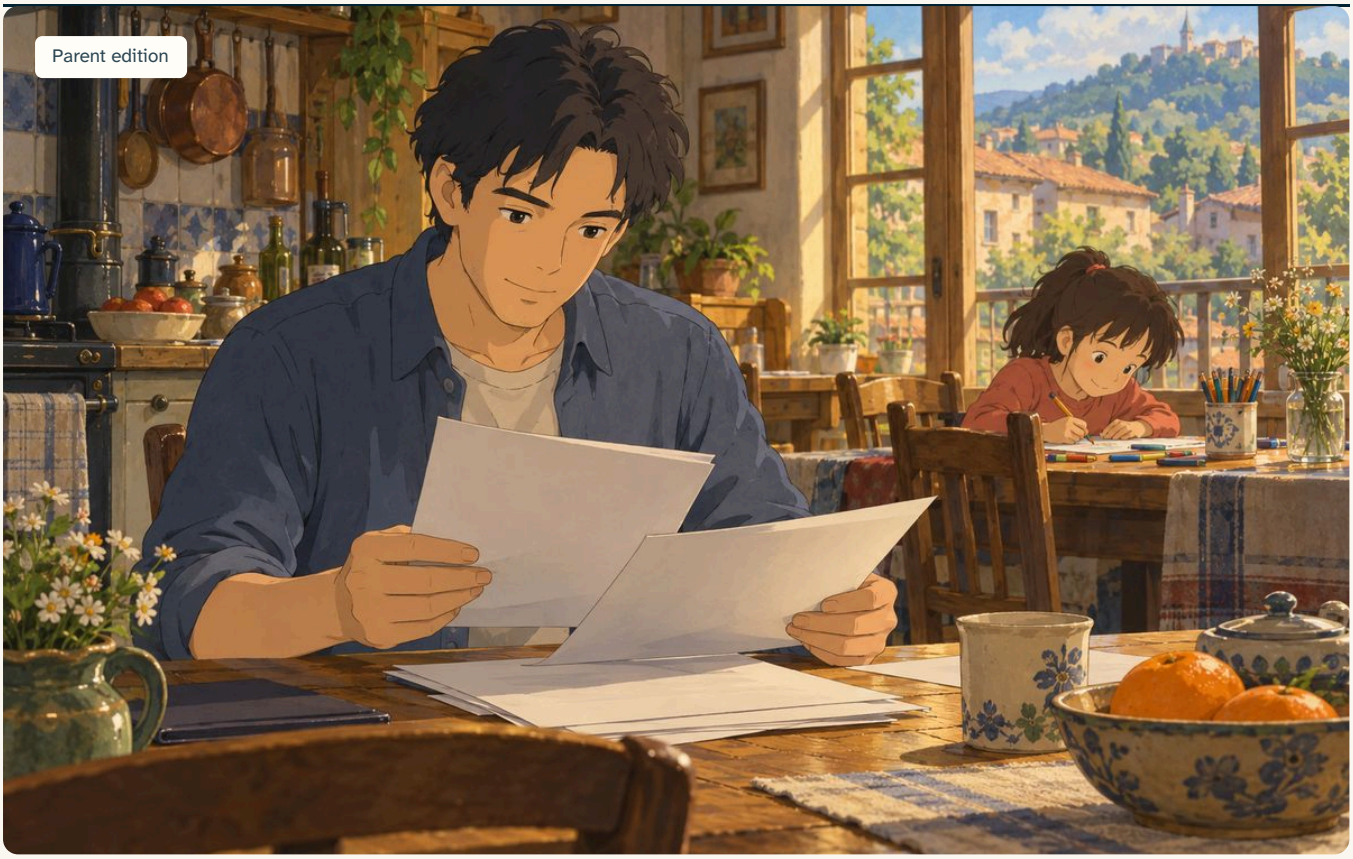



# 2. Your family's digital routines

Document 2 of 5



From the story “One Thing Each” in your book. Picture made with AI image generation (OpenAI)

**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 is not an assessment of your child, but a picture of your household's everyday life as you described it. Nothing here is a diagnosis.*

The stories named here are printed in full in the document “Stories for your family”, under the same title.

# What is already going well

In these themes your answers show nothing that calls for a change.

- Your child's own phone
- Devices around bedtime
- Screens at family meals
- Choosing shows, games and apps
- Options away from screens
- Your device use during time together
- What your screen rules cover
- How rules are discussed and followed
- Shared screen activities

# Worth your attention

Here your answers opened a theme worth talking about at home.

- Talking about online experiences — story *One Thing Each*
- Knowing what is used, openly — story *The Margin*
- Access without an adult — story *Before It Goes On*

# What you can do

1. THIS STEP TOUCHES: TIME TOGETHER.

   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.

   **The story that helps:** *One Thing Each* — Here is a story about Daniel, whose questions at dinner about screens were always questions for his daughter.

2. THIS STEP TOUCHES: TIME TOGETHER.

   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.

   **The story that helps:** *The Margin* — Here is a story about Nate, who has his son with him for half of each week.

3. 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.

   **The story that helps:** *Before It Goes On* — Here is a story about Ema, whose home has a new tablet in it, still in its box.

Only visible questions with a recognised answer are used here. An unanswered question or an answer of 'I don't know' is not treated as a problem.

These are your observations of household life. They do not measure your child's motivation, attention, wellbeing or private online experience.

The short book cannot cover every situation. Check each suggestion against your circumstances, including the limitations in its note. No improvement is guaranteed.

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.