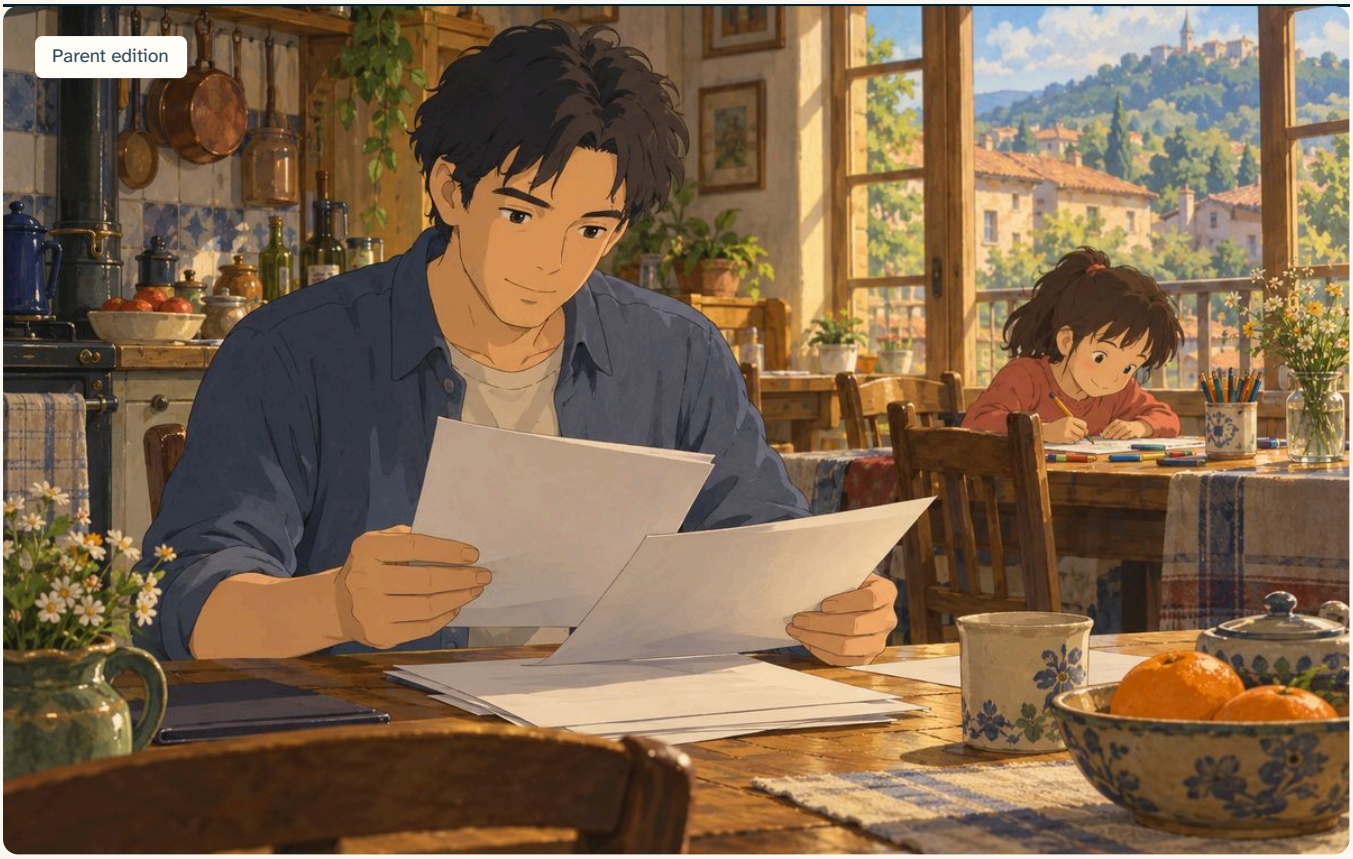


2. Your family's digital routines

Document 2 of 5



From the story “The Cleared Table” 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

3M · Meaning · Momentum →
Mastery Meaning — know why it matters to you; Momentum — keep going, and start again kindly after a slip; Mastery — setbacks stop deciding for you

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 report is your view of your teenager's digital life, told from what you can see at home. It is not a measure of your teenager. Much of that life is visible only if your teenager chooses to share it. Where your view and theirs differ, that is not a mistake; it is worth knowing.

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.

- Where devices spend the night
- What your teenager chooses to tell you
- Your own phone around your teenager
- Conversations about online life
- House rules and agreements
- How oversight is made known
- Things you watch or play together

Worth your attention

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

- Devices at shared meals — story *The Cleared Table*

What you can do

1. THIS STEP TOUCHES: TIME TOGETHER, TIME WITHOUT SCREENS AND HOW THE HOME IS SET UP.

   One way, where you already eat together there, is to clear the table for one of those meals, with every phone in a place away from it, yours too, and the television off. It costs clearing the table, and the programme you would have watched.

   The story that helps: *The Cleared Table* — Here is a story about Irena, whose kitchen table has not been a table for a long time.

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.