

Age Group	Percentage
18-24	15%
25-34	25%
35-44	30%
45-54	20%
55-64	10%
65+	5%

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

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 plan brings together the practical suggestions from your story selection. The week-by-week schedule below shows when each suggestion enters. 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.

Try 1, from week 1: *The Bread Bin*.

SELECTED THROUGH YOUR ANSWERS

One way, where meals in your home are shared at all, is to give phones a place to go while the meal lasts. Start with your own. It costs an answer that has to wait, if one arrives; that is hardest where the meal is the hour the people you love are free.

It does not promise that your teen will say more at the table. A quiet meal is still a meal.

Not for everyone: not for the evening when people eat as they come in, nor for the phone on call that night; where one meal a week is shared, this is for that one. If your own phone already stays off the table, ask the same of one other person at it, and say why.

The accompanying story note and its sources are included later in this document, under the same story title.

WHEN AND WHERE:

1

Week one puts the first try in place. Write, on its line, when in the day and where in the house it will happen: a moment and a place, not a length. Nothing else is asked this week.

NOTES

2

Week two adds nothing. What is already in place comes round again, on separate days rather than all on one. If a try has quietly disappeared by now, that is information about the try and your house, not about you. Whether the ones still there fit your house is yours to say in week six; keeping one and dropping one are both allowed.

3

Week three adds nothing. What is already in place comes round again, on separate days rather than all on one. If a try has quietly disappeared by now, that is information about the try and your house, not about you. Whether the ones still there fit your house is yours to say in week six; keeping one and dropping one are both allowed.

4

Week four adds nothing. What is already in place comes round again, on separate days rather than all on one. If a try has quietly disappeared by now, that is information about the try and your house, not about you. Whether the ones still there fit your house is yours to say in week six; keeping one and dropping one are both allowed.

5

Week five adds nothing. What is already in place comes round again, on separate days rather than all on one. If a try has quietly disappeared by now, that is information about the try and your house, not about you. Whether the ones still there fit your house is yours to say in week six; keeping one and dropping one are both allowed.

6

Week six adds nothing and tests nothing. Read the lines you wrote, and read once more the "Not for everyone" lines above them. Then say, to yourself or to another adult in the house, which of the tries fits your house and which does not. Both answers are ordinary. Nothing is marked, nothing is sent, and nobody in this house is being measured.

The Bread Bin

Damir, this one reached you through phones at shared meals. Here is a story about Denise, whose family lives in a group chat that runs at dinner time.

NOTES

A note from us. One way, where meals in your home are shared at all, is to give phones a place to go while the meal lasts. Start with your own. It costs an answer that has to wait, if one arrives; that is hardest where the meal is the hour the people you love are free.

Where this comes from: two analyses of one study of American early adolescents, one at one moment, one a year later. Parents said whether screens came to meals; the young people reported their own screen time. Screens at meals went weakly with more of it a year later. Where an app measured phone time, the link did not show. Nagata and colleagues, 2025; Nagata and colleagues, 2026.

A survey and a follow-up of the same families, not trials: a weak link that ran both ways, and the cause is not shown.

It does not promise that your teen will say more at the table. A quiet meal is still a meal.

Not for everyone: not for the evening when people eat as they come in, nor for the phone on call that night; where one meal a week is shared, this is for that one. If your own phone already stays off the table, ask the same of one other person at it, and say why.

Guidance, not a study: the American Academy of Pediatrics, January 2026, names phone-free zones at meals.

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.

 NOTES