

Age Group	Male (%)	Female (%)
18-24	50	50
25-34	60	40
35-44	55	45
45-54	45	55
55-64	35	65
65+	25	75

The household themes reached by your answers, with notes accompanying the selected stories.

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.

These are the household themes reached by your answers, followed by notes for the selected stories in your separate book. The themes are not a score, and your child is not being measured. A story's opening states when it was included as additional reading rather than selected through your answers.

Phones at shared meals

Your answers, in context

These sections bring together the household topics covered by the questionnaire. Each shows the answers you provided and explains whether a related story was selected. A theme is a subject to consider, not a judgement about your parenting or your child.

A THEME IN YOUR REPORT

Devices at shared meals

You described occasions when you eat together and what happens with devices at those meals. The report does not interpret the absence of shared meals as a relationship problem.

In a usual week, how often is your teen's phone at the table during meals you eat together?

Almost always

In a usual week, how often does your teen look at a phone during meals you eat together?

Often

Your answers reached the named story in your separate book. Its accompanying note explains the scope of any practical suggestion and when it may not fit.

- The Bread Bin

 NOTES

OTHER CONTEXT YOU PROVIDED

Device ownership and history

You described your teenager's devices and phone history. These facts provide context; they do not determine a suitable age for a first phone or measure your teenager's readiness.

Does your teen have their own smartphone?

yes

About how old was your teen when they got their own smartphone?

12

Which of these does your teen have for their own use?

Laptop or computer; Games console

The related story is additional reading. Its inclusion does not mean your answers identified a difficulty in this area.

- The Old Fold

OTHER CONTEXT YOU PROVIDED

Where devices spend the night

You described charging and storage arrangements. A device in a bedroom does not tell us whether your teenager used it overnight, slept poorly or experienced a particular problem.

In a usual week, how often does your teen's phone stay in their bedroom overnight?

Rarely

In a usual week, how often is your teen's phone charged overnight outside their bedroom?

Often

In a usual week, how often do screens other than a phone stay in your teen's bedroom overnight?

Never

Does your home have a usual place where phones spend the night?

Yes

This context does not by itself produce a selected story. It is not a finding that everything is fine or that something is wrong.

 NOTES

OTHER CONTEXT YOU PROVIDED

What your teenager chooses to tell you

You described what your teenager brings up or shows you. A parent can see these conversations, but not the whole online experience. Less disclosure is not a measure of low trust.

In a usual week, how often does your teen bring up something from their online life without being asked?

Rarely

In a usual week, how often does your teen show you something they saw online?

Rarely

In a usual week, how often does your teen tell you about someone they talk to online?

Never

In a usual week, how often does your teen ask you something about an app, game or site?

Rarely

This context does not by itself produce a selected story. It is not a finding that everything is fine or that something is wrong.

OTHER CONTEXT YOU PROVIDED

Your own phone around your teenager

You described your device use during conversations, evenings and meals. This part concerns what you do; it does not establish how your teenager experiences it.

In a usual week, how often is your own phone at the table during meals with your teen?

Never

In a usual week, how often do you look at your phone while your teen is talking to you?

Rarely

In a usual week, how often do you use your phone for leisure with your teen in the room?

Sometimes

In a usual week, how often do you use your phone during evening time with your teen?

Sometimes

 NOTES

In a usual week, how often does your teen comment on your phone use?

Rarely

This context does not by itself produce a selected story. It is not a finding that everything is fine or that something is wrong.

OTHER CONTEXT YOU PROVIDED

Conversations about online life

You described conversations about activities, app design and whom to approach if something goes badly. These answers do not establish that your teenager has had a harmful experience.

In a usual week, how often do you ask your teen what they have been doing online?

Sometimes

In a usual week, how often do you talk with your teen about something they saw online?

Sometimes

In a usual week, how often do you talk with your teen about how apps are designed to keep people using them?

Rarely

If something online went badly for your teen, have the two of you talked about who they could go to?

Yes, once

This context does not by itself produce a selected story. It is not a finding that everything is fine or that something is wrong.

OTHER CONTEXT YOU PROVIDED

House rules and agreements

You described rules about places, times and apps, and how agreements go. Any discussion about a change needs to account for your teenager's perspective rather than assuming the parent's view is complete.

Are there house rules about where your teen can use devices, such as bedrooms or the table?

yes

Are there house rules about when your teen can use devices, such as at night or on school days?

yes

 NOTES

Are there house rules about which apps or games your teen can use?

no

In a usual week, how often do your house rules on devices go as agreed?

Sometimes

This context does not by itself produce a selected story. It is not a finding that everything is fine or that something is wrong.

OTHER CONTEXT YOU PROVIDED

How oversight is made known

You described checking devices or using settings, and whether your teenager knows. This report does not recommend covert surveillance or treat more checking as inherently better.

In a usual week, how often do you look at what is on your teen's phone?

Rarely

When you look at your teen's phone, does your teen usually know?

Yes

Do you use an app or device setting that lets you see your teen's activity online?

no

This context does not by itself produce a selected story. It is not a finding that everything is fine or that something is wrong.

OTHER CONTEXT YOU PROVIDED

Things you watch or play together

You described shared screen activities. These can be part of the household context without being a problem to correct; the answers do not tell us whether either person enjoys them.

In a usual week, how often do you and your teen watch a show or film together?

Often

In a usual week, how often do you and your teen play a video game together?

Never

In a usual week, how often do you and your teen look at videos or posts online together?

Rarely

 **NOTES**

This context does not by itself produce a selected story. It is not a finding that everything is fine or that something is wrong.

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 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.

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.

The Old Fold

Damir, this one comes with the report rather than from your answers. Here is a story about Nate.

 NOTES

A note from us. The studies point in different directions, so this note offers no practice. The story shows a parent looking back at a decision that made itself. He cannot tell what the other choice would have looked like. Nothing here names an age, earlier or later, as the right one.

Where this comes from: two studies that followed children over time. One, registered in advance, followed children from low-income Latinx families who had overweight or obesity and were in a weight programme, and found no links that held up with symptoms of depression, school marks or sleep. In the other, young people with a smartphone were later more likely to meet the criteria for depression and to sleep too little. Its authors warn against reading that as cause. Neither tried out an age. Sun and colleagues, 2023; Barzilay and colleagues, 2026.

The studies point in different directions, and none tested a choice like this one.

Guidance, not a study: the American Academy of Pediatrics, January 2026, states that research does not point to a specific age for a first phone.

It is not a verdict on a phone already given.

Not for everyone: where a phone is already what makes two houses, a bus route or a job work, the question is not really open, and that is a reason like any other.

The Cold Tea

Damir, this one comes with the report rather than from your answers. Here is a story about Lena.

A note from us. No practice has been tested here, so this note offers none. The story shows a parent who looks openly and cannot tell its worth. Nothing here says she should go on or stop.

Where this comes from: a two-year study of Swedish teenagers and parents and an earlier Swedish survey, and two analyses of one study of American early adolescents. In Sweden, what parents knew came mainly from what teenagers chose to tell; rules about saying where they go, and asking, added little. In America, where parents said they kept track of screen time and set limits, the young people reported less screen time a year later, and the link ran the other way too; at one moment, limits went with less problem use. No study here measured looking through a phone (keeping track of time is not that), an arrangement agreed in advance, or open against secret looking. Kerr and colleagues, 2010; Stattin and Kerr, 2000; Nagata and colleagues, 2025; Nagata and colleagues, 2026.

 NOTES

Surveys and follow-up studies, not trials: none tested a choice like this one.

This says nothing about what is on your teen's phone, or about what kind of parent looks or does not, openly or in secret.

Not for everyone: if you fear for your teen's safety, that is a different situation, and talking with someone who can help comes first.

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