

Digital Mirror



From the story “Before It Goes On” in your book. Picture made with AI image generation (OpenAI)

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 Digital Mirror shows every answer you gave, theme by theme. It does not measure your child or compare them with other children; it shows where your answers about household habits cluster.

How to use it

1. Look at the colours below: themes marked “Work on this” are the place for a first step.
2. Find each theme's table further down: it shows which of your answers pointed to it.
3. In “What helps”, pick one model and try it for a week; “Six weeks, one step at a time” takes you further.

▲ Access without an adult	▲ Talking about online experiences	▲ Knowing what is used, openly
◆ Devices around bedtime	◆ Choosing shows, games and apps	◆ What your screen rules cover
◆ How rules are discussed and followed	◆ Shared screen activities	● Screens at family meals
● Options away from screens	● Your child's own phone	● Your device use during time together

Legend: ▲ Work on this ◆ Keep an eye on ● Going well

Access without an adult

Question	Your answer	Points here?
Which screens can your child switch on without asking an adult?	TV; tablet; games console	✓
Where are the tablets and games consoles in your home usually kept when not in use?	in the child's room	✓

▲ Work on this
2 of 2 answers point here (100 %)

You described devices your child can reach and where they are kept.

What helps

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

3S · Separation · Solitude → Success

Separation: distance from the phone · **Solitude**: time alone, without distraction · **Success**: you steer your day again

A note from us. When a new tablet or console arrives, its place in the home tends to be settled in the first few days, usually by chance. 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.

Before It Goes On

Try 3 in the document "Six weeks, one step at a time" comes from this story.

Talking about online experiences

Question	Your answer	Points here?
In a usual week, how often does something from your child's screen time become a topic between the two of you?	Sometimes	
In a usual week, how often do you ask your child what they did on a screen that day?	Rarely	✓
In a usual week, how often do you talk with your child about the ads they see?	Rarely	✓

▲ Work on this
2 of 3 answers point here (67 %)

You described conversations about screen activities and advertising.

What helps

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

A note from us. At the table, questions about screens can feel like questions for the child only. 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.

One Thing Each

Try 1 in the document "Six weeks, one step at a time" comes from this story.

Knowing what is used, openly

Question	Your answer	Points here?
How many of the games and apps your child uses do you know by name?	some	✓
When your child is online at home, where are you usually?	In the next room, within earshot	
Does your child know which device settings you use?	no	✓

▲ Work on this
2 of 3 answers point here (67 %)

You described what you know about apps and games, where you are during use and whether device settings are known to your child.

What helps

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

A note from us. Knowing what your child uses is one thing, and being in the room is another. A week split between two homes makes both harder. 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 Margin

Try 2 in the document "Six weeks, one step at a time" comes from this story.

Devices around bedtime

Question	Your answer	Points here?
Which screens stay overnight in the room where your child sleeps?	tablet; games console	✓

Question	Your answer	Points here?
In a usual week, how often is a screen on in your child's room at lights-out?	Rarely	
In a usual week, how often does your child use a screen while getting ready for bed?	Sometimes	

◆ **Keep an eye on**
1 of 3 answers point here (33 %)

You described the devices in the sleeping space and the routine around lights-out.

What helps

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

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

3S · Separation · Solitude → Success

Separation: distance from the phone · **Solitude**: time alone, without distraction · **Success**: you steer your day again

A note from us. In a small home the television goes where it fits, and a child sleeps where there is a bed. Often that is the same room. One way, where the rooms allow it, is to keep the bed and the screen in different rooms. It does not matter which of the two moves. It costs space, and sometimes the space is yours.

Choosing shows, games and apps

Question	Your answer	Points here?
In a usual week, how often does your child use shows, games or apps made for their age?	Often	
In a usual week, how often does your child use games or shows rated for older ages?	Sometimes	
How much of what your child watches and plays shows people getting hurt?	A little	
In a usual week, how often do you look at age ratings for the games and apps your child uses?	Rarely	✓

◆ **Keep an eye on**
1 of 4 answers point here (25 %)

You described age ratings, content and what you check before or during use.

What helps

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

A note from us. A game is usually in the house before any adult has looked at it. One way is to sit beside your child while they show you the game. You can also read the age label before the next game goes on. It costs a quarter of an hour, and sometimes a no.

What your screen rules cover

Question	Your answer	Points here?
Does your home have a rule about when your child may use screens?	yes	
Does your home have a rule about where your child may use screens?	yes	
Does your home have a rule about which shows, games or apps your child may use?	no	✓
Does your home have a rule about how long your child may use screens?	yes	

◆ **Keep an eye on**
1 of 4 answers point here (25 %)

You described rules about when, where, how long and what your child uses.

What helps

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

3F · Filter · Focus → Flow

Filter: let in only what matters · **Focus**: one task at a time · **Flow**: deep absorption in something worth doing

A note from us. The studies point in different directions, so this note offers no practice. A limit on screens does not cost the same in every home. In some homes the screen buys a parent an hour of paid work. There, the rule and the work are one question, and the story leaves it open.

How rules are discussed and followed

Question	Your answer	Points here?
In a usual week, how often do you explain the reason for a screen rule to your child?	Sometimes	
In a usual week, how often do you ask your child's view on a screen rule?	Rarely	✓
In a usual week, how often do the screen rules stay the same from day to day?	Often	
In a usual week, how often do the adults at home apply the same screen rules?	Often	

◆ **Keep an eye on**
1 of 4 answers point here (25 %)

You described explanations, your child's view and how adults apply rules.

What helps

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

3F · Filter · Focus → Flow

Filter: let in only what matters · **Focus**: one task at a time · **Flow**: deep absorption in something worth doing

A note from us. No practice has been tested here, so this note offers none. The story shows one family writing a rule down on one wet Saturday. The parent cannot say whether the written kind is better.

Shared screen activities

Question	Your answer	Points here?
In a usual week, how often do you watch a show together with your child?	Often	✓
In a usual week, how often do you play a video game together with your child?	Rarely	
In a usual week, how often do you use an app or website together with your child?	Rarely	

◆ **Keep an eye on**
1 of 3 answers point here (33 %)

You described watching, playing or using a website together.

What helps

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

A note from us. The studies point in different directions, so this note offers no practice. Watching together may be two things at once: an hour you share, and a longer hour in front of a screen. The research has not separated the two.

Screens at family meals

Question	Your answer	Points here?
In a usual week, how often is a TV on during your family meals?	Rarely	
In a usual week, how often does your child have a device at the table during meals?	Rarely	
In a usual week, how often does your family eat a meal with no screens in use?	Often	

● **Going well**
0 of 3 answers point here (0 %)

You described screens at the table and meals without them.

keep what works

Options away from screens

Question	Your answer	Points here?
Which of these does your home have for your child's free time away from screens?	A place outdoors they can get to (a garden, yard, park or street where they may play); A club, team, lesson or group that is arranged; Toys, games, craft or sport things kept where they can reach them	

● **Going well**
0 of 1 answers point here (0 %)

You described play, friends, active hobbies and what is available at home.

keep what works

Your child's own phone

Question	Your answer	Points here?
Does your child have their own smartphone?	no	

● **Going well**
0 of 1 answers point here (0 %)

You described whether your child has a smartphone and, where applicable, when they first received it.

keep what works

Your device use during time together

Question	Your answer	Points here?
In a usual week, how often do you use your phone while playing with your child?	Rarely	
In a usual week, how often is your phone in your hand when your child talks to you?	Sometimes	
In a usual week, how often do you use your phone during family meals?	Rarely	
In a usual week, how often do you keep set times with your child when your phone is away?	Sometimes	

● **Going well**
0 of 4 answers point here (0 %)

You described your own phone use while playing, talking and eating with your child.

keep what works

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

The 3D model, energizers and copers © Udruga HDI Humana Digitalna Inteligencija. All rights reserved.

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.