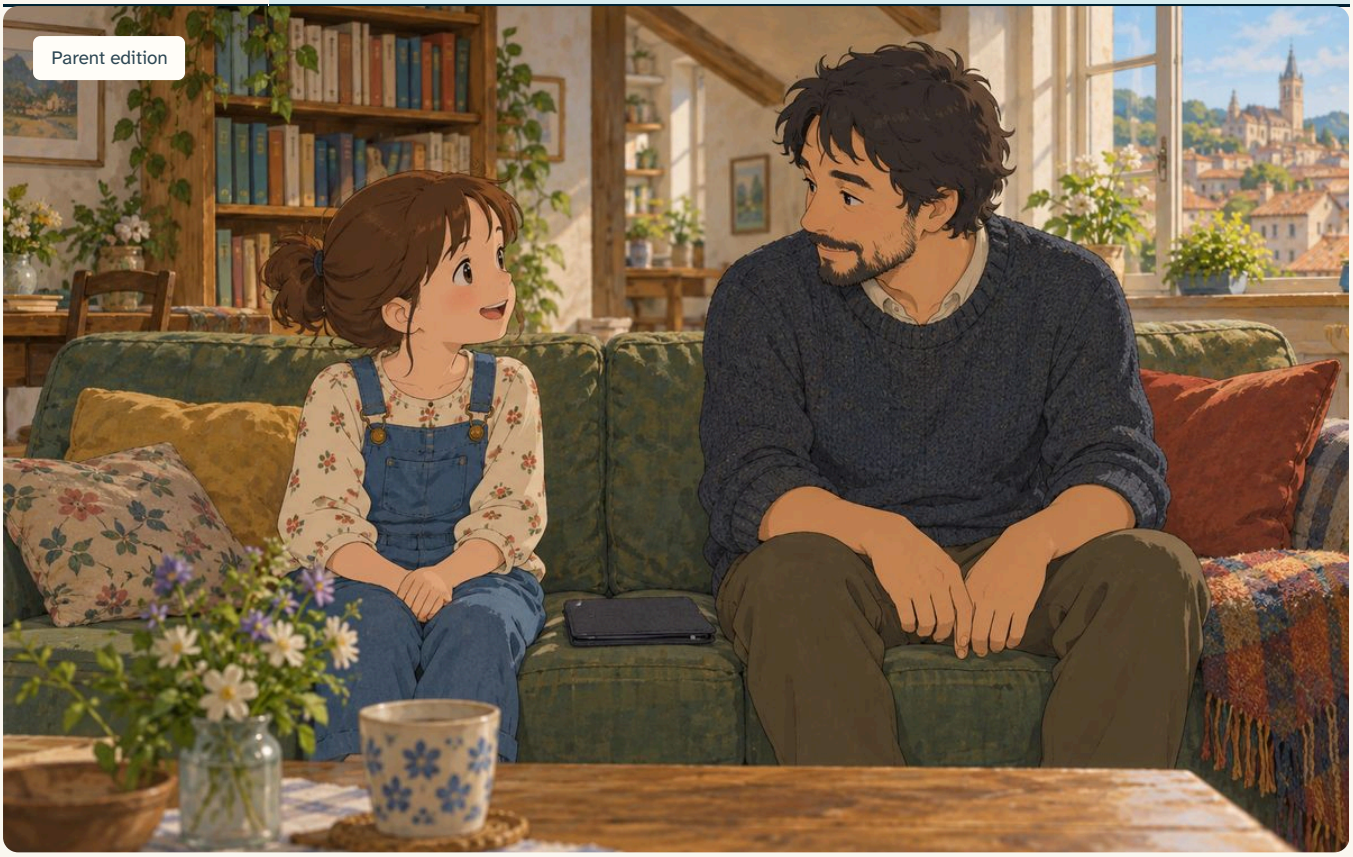


Digital Mirror



From the story “The Putting-Away Bit” 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.

▲ Devices at shared meals	◆ Conversations about online life	◆ House rules and agreements
◆ Things you watch or play together	● Where devices spend the night	● Your own phone around your teenager
● How oversight is made known	□ Device ownership and history	□ What your teenager chooses to tell you

Legend: ▲ Work on this · ◆ Keep an eye on · ● Going well · □ Not enough answers

Devices at shared meals

Question	Your answer	Points here?
In a usual week, how often is your teen's phone at the table during meals you eat together?	Almost always	✓

▲ Work on this
1 of 1 answers point here (100 %)

You described occasions when you eat together and what happens with devices at those meals.

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

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

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. When the table is also a desk and a laundry shelf, shared meals can move to the sofa, where the screens are. 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 Cleared Table

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

Conversations about online life

Question	Your answer	Points here?
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	

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

You described conversations about activities, app design and whom to approach if something goes badly.

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

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

A note from us. No practice has been tested here, so this note offers none. The story shows one adult asking about a name she does not know. It is an offer, not a check. It costs looking as though you know nothing.

House rules and agreements

Question	Your answer	Points here?
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	
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	

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

You described rules about places, times and apps, and how agreements go.

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

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

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. One way, when a rule comes out differently every time you say it, is to fix it in one sentence and to ask your teen for a line of their own. This note does not say that a rule made that way holds better than one you set yourself. Nothing here was tested that way, and no study behind it asked parents how rules were made. It costs a conversation.

Things you watch or play together

Question	Your answer	Points here?
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	

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

You described shared screen activities.

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

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

A note from us. The studies point in different directions, so this note offers no practice. The story shows an ordinary evening that two people in one house spend the same way, and a parent who wonders what it amounts to. The wondering has no answer here.

Where devices spend the night

Question	Your answer	Points here?
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	

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

You described charging and storage arrangements.

keep what works

Your own phone around your teenager

Question	Your answer	Points here?
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	

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

You described your device use during conversations, evenings and meals.

keep what works

How oversight is made known

Question	Your answer	Points here?
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	

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

You described checking devices or using settings, and whether your teenager knows.

keep what works

Device ownership and history

Question	Your answer	Points here?

☐ **Not enough answers**
0 of 0 answers point here (0 %)

There is not enough reported detail to describe your household on this topic.

What your teenager chooses to tell you

Question	Your answer	Points here?

☐ **Not enough answers**
0 of 0 answers point here (0 %)

There is not enough reported detail to describe your household on this topic.

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.