

DESCREENED

LESS SCREEN. MORE LIFE.

Teen Digital Wellness Guide

A practical 12-page workbook to understand your screen habits, protect your focus, and make more room for sleep, studying, creativity, movement, and real-life connection.

This is not a "quit your phone" guide.

It is a "use technology on purpose" guide. Notice your patterns, choose small changes, and keep what genuinely supports you.

AGES 12-18

PRINTABLE WORKBOOK

12 PAGES



NAME _____

START DATE _____

NOTICE YOUR HABITS - PROTECT YOUR FOCUS - RECLAIM YOUR TIME

START HERE

Balanced tech use is not about being perfect.

It is about making sure technology supports your life instead of quietly replacing the things that matter to you.

1. PURPOSE OVER AUTOPILOT

Know why you opened an app. When the purpose is complete, choose whether to stay or leave.

2. PROTECT THE BASICS

Sleep, school, movement, meals, hobbies, and relationships deserve protected time.

3. QUALITY AND CONTEXT MATTER

A video call with family is different from scrolling because you are bored or stressed.

4. PROGRESS BEATS PERFECTION

Small changes repeated consistently are more useful than one extreme digital detox.

YOUR DIGITAL WELLNESS WHEEL

Rate each area from 1 (needs attention) to 5 (feels balanced). Circle one number in each box.

Sleep

1 2 3 4 5

Focus

1 2 3 4 5

Mood

1 2 3 4 5

Relationships

1 2 3 4 5

Movement

1 2 3 4 5

Creativity

1 2 3 4 5

THE ONE AREA I MOST WANT TO IMPROVE

Current pediatric guidance does not use one universal screen-time number for every teen. It emphasizes balance, content quality, context, and what media use may be replacing.

SCREEN SNAPSHOT

What is actually happening on your screen?

Open your device's screen-time or digital-wellbeing settings. Use real numbers when possible. This is information, not a grade.

AVERAGE DAILY TIME

DAILY PICKUPS / UNLOCKS

MOST ACTIVE HOUR

MY FIVE MOST-USED APPS

APP	TIME	WHY I USE IT	HOW I FEEL AFTER

WHY I REACH FOR MY PHONE

- ☐ Bored
- ☐ Stressed
- ☐ Lonely
- ☐ Notification
- ☐ Need information
- ☐ Habit
- ☐ Avoiding a task
- ☐ Connecting

MY MOST AUTOMATIC MOMENT

Example: "I open social media the second homework feels difficult."

ONE PATTERN I WANT TO TEST THIS WEEK

I notice that when _____ happens, I usually _____. This week I will try _____ instead.

YOUR 24-HOUR TIME MAP

Separate the screen time you need from the screen time you choose.

Schoolwork, maps, family communication, creativity, and entertainment can all happen on the same device. Track the purpose, not only the total.

TIME OF DAY	TECH I NEED	TECH I CHOOSE
Morning Wake-up to school		
School / work Classes and tasks		
After school Before dinner		
Evening Dinner to wind-down		
Bedtime Last hour awake		

RECLAIMED-TIME CALCULATOR

Minutes reduced each day:

Multiply by 7:

That is how many minutes you could reclaim each week.

I WANT THAT TIME FOR...

- ☐ Sleep
- ☐ Studying
- ☐ Exercise
- ☐ Friends or family
- ☐ Creative hobby
- ☐ Something else

MY REALISTIC DAILY TARGET

I want to reclaim _____ minutes per day for _____.

I will protect that time by _____.

Do not only ask, "How much screen time?" Ask, "What is this screen time replacing?"

NOTIFICATION RESET

Your phone should not decide what deserves your attention.

Notifications are invitations to switch tasks. Decide which invitations are important enough to interrupt you.

APP OR CATEGORY	KEEP ON	DELIVER QUIETLY	TURN OFF	WHY?
Family / urgent messages				
School or calendar				
Social media				
Games				
Shopping / promotions				
News				
Other:				

10-MINUTE RESET

- 1 Turn off nonessential badges, sounds, and lock-screen previews.
- 2 Remove your most distracting app from the home screen.
- 3 Create a Focus or Do Not Disturb schedule for school and sleep.
- 4 Choose two or three times to intentionally check nonurgent apps.

MY PHONE PARKING SPOTS

Choose a location that is close enough for emergencies but not within automatic reach.

During study:

During meals:

During sleep:

MY CHECKING WINDOWS

Before school / morning

After school

Evening

ONE INTERRUPTION I WILL REMOVE TODAY

FOCUS RESET PLAN

Build a routine that makes starting easier.

You do not need to feel motivated before you begin. Reduce friction, choose one task, and protect a short block of attention.

BEFORE A FOCUS BLOCK

- ☐ Choose one clear task
- ☐ Gather what I need
- ☐ Silence nonurgent notifications
- ☐ Park my phone out of reach
- ☐ Set a timer

MY FOCUS LENGTH

- ☐ 20 minutes
- ☐ 30 minutes
- ☐ 45 minutes
- ☐ 60 minutes
- ☐ Other: _____

MY ONE TASK

By the end of this focus block, I will:

DISTRACTION CAPTURE

Write the thought here instead of acting on it immediately.

WHEN I WANT TO CHECK...

I will pause, take one breath, and ask:

- ☐ Is this urgent?
- ☐ Can it wait until the timer ends?
- ☐ What was I trying to finish?

2-MINUTE RESTART ROUTINE

Stand up. Take three slow breaths. Put the phone back in its parking spot. Read the last sentence or problem you completed. Restart for only two minutes.

SOCIAL MEDIA AND MOOD

Notice which online experiences leave you connected and which leave you drained.

Social media can support creativity, learning, and relationships, but experiences differ. Pay attention to your own patterns.

BEFORE

How did I feel before opening the app?

1 2 3 4 5

DURING

Was I choosing content or just continuing?

1 2 3 4 5

AFTER

Did I feel better, the same, or worse?

1 2 3 4 5

CONTENT AUDIT

ACCOUNT / CONTENT	HELPS ME	NEUTRAL	DRAINS ME	ACTION: KEEP, MUTE, UNFOLLOW

PAUSE BEFORE POSTING

- ☐ Is it safe to share?
- ☐ Is it kind and accurate?
- ☐ Would I be okay seeing it later?
- ☐ Am I posting for connection or pressure?

REAL CONNECTION PLAN

One person I will message with a real question, call, or spend offline time with:

WHEN ONLINE CONTENT FEELS OVERWHELMING

Step away, move to another space, and talk with a trusted adult, counselor, teacher, coach, or supportive friend. You do not have to handle harassment, pressure, or upsetting content alone.

SLEEP AND SCREENS

Protect the part of your day that helps everything else work.

Teenagers ages 13-18 are generally recommended to get 8-10 hours of sleep per 24 hours. Use this page to design a realistic wind-down routine.

WAKE-UP TIME

TARGET BEDTIME

TARGET SLEEP HOURS

MY SCREEN-LIGHT WIND-DOWN

Choose a realistic experiment:

- ☐ 30 minutes before bed
☐ 45 minutes before bed
☐ 60 minutes before bed

Start time:

DEVICE PARKING SPOT

Choose somewhere away from the pillow and outside automatic reach.

Alarm plan:

BUILD YOUR FIVE-STEP NIGHT ROUTINE

TIME	STEP	IDEAS
	1.	Shower, pack bag, prepare clothes
	2.	Charge phone away from bed
	3.	Read, stretch, draw, journal, pray, or breathe
	4.	Dim lights and settle the room
	5.	Lights out

IF I WAKE UP AND WANT MY PHONE...

I will first _____.

Source note: CDC sleep guidance recommends 8-10 hours for ages 13-18. AAP resources encourage screen-free times and keeping media use from displacing healthy sleep routines.

RELATIONSHIPS AND BOUNDARIES

Create rules that protect conversations, meals, studying, and rest.

Boundaries work best when they are clear, realistic, and followed by everyone - not only teenagers.

DEVICE-FREE TIMES

- ☐ Family meals
- ☐ Studying
- ☐ First 20 minutes after school
- ☐ During conversations
- ☐ Before sleep
- ☐ Other: _____

DEVICE-FREE PLACES

- ☐ Dining table
- ☐ Bedroom at night
- ☐ Study area
- ☐ Car during short trips
- ☐ Family room during activities
- ☐ Other: _____

HELPFUL SCRIPTS

To a friend:

"I am going offline while I finish this. I will reply after _____."

During a conversation:

"Can we finish talking before I check this?"

To family:

"Can we all put our phones away for this meal?"

When pressured:

"I am not comfortable posting or sharing that."

MY BOUNDARY AGREEMENT

During _____, devices will _____.

Exceptions are allowed for _____.

We will review this boundary on _____.

ONE PERSON I WANT TO BE MORE PRESENT WITH

One offline thing we could do together:

YOUR OFFLINE MENU

Make boredom easier by deciding what you could do before you need the idea.

Choose activities that fit your energy, time, space, and mood. Circle the ones you might actually do.

5 MINUTES

Stretch
Water a plant
Doodle
Tidy one surface
Step outside
Make a snack
Write three thoughts

15 MINUTES

Take a walk
Call a relative
Practice a skill
Read a chapter
Journal
Organize a drawer
Play with a pet

30+ MINUTES

Cook or bake
Exercise
Paint or craft
Visit a library
Play a sport
Volunteer
Build or repair something

ACTIVE

Walk
Dance
Basketball
Bike
Yoga

CREATIVE

Draw
Write
Music
Photography
Craft

SOCIAL

Board game
Visit someone
Cook together
Talk
Play outside

CALM

Read
Pray
Breathe
Journal
Puzzle

MY THREE QUICK OPTIONS

MY THREE LONGER OPTIONS

BUILD A BOREDOM JAR

Write your favorite ideas on small slips of paper. When you catch yourself opening an app without a purpose, pull one idea and try it for five minutes before deciding what to do next.

A good offline plan should be easier to start than another scroll.

RECLAIM AN HOUR CHALLENGE

Reduce recreational screen use by up to 60 minutes a day for one week.

Schoolwork and necessary communication do not need to count. The goal is to interrupt autopilot and use the reclaimed time intentionally.

MY BASELINE

Average recreational screen time

MY DAILY GOAL

Minutes to reclaim

MY REWARD

Healthy, realistic, and not based on perfection

DAY	MINUTES RECLAIMED	WHAT I DID INSTEAD	MOOD 1-5	WIN OR OBSTACLE
1				
2				
3				
4				
5				
6				
7				

TOTAL TIME RECLAIMED

What did that time make possible?

WHAT MADE IT EASIER?

- ☐ Phone out of reach
- ☐ Notifications off
- ☐ Planned offline activity
- ☐ Support from someone
- ☐ Other: _____

MY BIGGEST LESSON

BRING IT TOGETHER

My Digital Wellness Plan

Choose commitments that are clear enough to follow and flexible enough to survive a busy week.

MORNING

SCHOOL / STUDY

MEALS / PEOPLE

EVENING

BEDTIME

WEEKENDS

WHEN I SLIP INTO AUTOPILOT

I will avoid judging myself. I will restart by:

MY SUPPORT PERSON

Name:

How they can help:

SIGNATURE

Date: _____

30-DAY REVIEW

What changed? What needs adjusting?

TRUSTED RESOURCES USED IN THIS GUIDE

American Academy of Pediatrics: Center of Excellence on Social Media and Youth Mental Health; Screen Time Guidelines; Digital Ecosystems, Children, and Adolescents policy resources.

Centers for Disease Control and Prevention: Sleep and Health guidance for school-age children and teenagers.

U.S. Surgeon General / HHS: Social Media and Youth Mental Health advisory and practical safety recommendations.

aap.org/media-and-children | cdc.gov/sleep | hhs.gov/youth-mental-health

This workbook is for education and self-reflection. It is not medical or mental-health treatment. For personal health concerns, speak with a trusted adult and a qualified professional.