FAMILY DIGITAL WELLBEING TOOLKIT

14-DAY

Teen Phone Reset

A practical family toolkit
for more intentional phone use

More choice.
Fewer interruptions.

For what matters
to your teenager.



THE COMPLETE FAMILY TOOLKIT

FOR FAMILIES WITH TEENS AGED ABOUT 12-18

VERSION 1.0 - 2026

START HERE / 03

Open these files first

01 **03 - 14-Day Reset:** your daily route. Start at Day 1.

02 **05 - Screen Habit Audit:** Before, context and Day 14. Use approximate numbers or N/A when data is unavailable.

03 **06 - Progress Tracker:** one short entry a day; more than total hours.

04 **04 - Teen Workbook:** optional private thinking space; use the pages linked in the Reset.

Use the support tools when needed

02 Parent Guide for understanding and cooperation; 07 Agreement for chosen rules; 08 Scripts for difficult moments; 09 Device Guide for settings; 10 Activity Menu for 50 alternatives; 11 Recovery Plan when a habit slips; 12 Quick Cards for reminders; 13 References for sources.

ONE FILE OR MANY?

The Complete edition combines the core pages with a clickable contents page. The standalone Parent Guide has extra examples and the Workbook has extra activities. The offline mobile reader reflows the text. No need to print everything.

PARENT GUIDE

Count context as well as time

Two hours of coding, homework or a video call are not equivalent activities to two hours of unwanted short-video scrolling. That does not make one category always good or another always bad. Ask about purpose, timing and what it interrupts. [15]

Ask four questions

01 **Purpose:** What did you open the phone to do?

02 **Choice:** Did you stay longer than you wanted?

03 **Context:** Was this during sleep, study, travel or chosen free time?

04 **Trade-off:** Did it replace something you wanted or needed?

FICTIONAL EXAMPLE

Meera uses YouTube for a chemistry explanation, then watches Shorts without meaning to. The app total cannot separate those purposes. She marks useful learning and unwanted scrolling separately, using estimates.

Keep total device time as one measure. Add one context measure, such as interruptions during a chosen study block. Never turn the tracker into a league table between siblings.

DAY 03 / PARENT-SUPPORTED SETUP

Notification reset

TODAY'S GOAL

Reduce one source of unwanted interruptions.

Why it matters. Notifications can interrupt attention, even without answering. A lab finding is a reason to experiment, not a promise of better grades. [11]

Your action. Choose a few alerts to keep, check later or switch off.

Parent action. Make one similar change on your phone. Preserve school and travel coordination.

10-minute task. Use 09 Setup Guide. Review one distracting app. Change only alerts you agree are unnecessary; test an ordinary call from an important person.

Optional extra. Review badges or a non-urgent group notification. Do not silence everything by default.

Reflect: Which alert still matters? Did an important message become harder to receive?

Today's tracker: Alert categories changed / important contact test Y/N

Optional Workbook page: My trigger map. Write short phrases. Y/N means yes/no; N/A is fine.

TEEN WORKBOOK / CHOOSE

What matters to me

This is not a list of things you should achieve. Choose what you want more time or attention for.

Something I enjoy and want more room for

One responsibility I want to finish with less interruption

Something useful about my phone I want to keep

My own goal for the next week

AGREEMENT / 2 OF 2

Fairness, privacy and repair

Privacy: what patterns we share / what remains private / any transparent controls

Emergency/urgent contact: named person(s), number(s) and backup route

PARENT COMMITMENTS

We will join agreed phone-free moments, put phones away during important conversations and discuss changes before imposing them, except where safety requires action. We will explain necessary work exceptions.

Our specific parent commitment / teen-selected boundaries

If a rule slips: calm repair / one adjustment / what we will avoid

Review date and time / who may request a temporary exception and how

Agreed by (typed names are fine) / date / teen comments

Private reflections need not be shared. Do not use this plan to obtain passwords or secretly monitor accounts. Review the plan as needs and responsibilities change.

DEVICE GUIDE / ANDROID

Android: focus and notifications

Focus mode [19]

Settings > Digital Wellbeing & parental controls > Focus mode. Choose distracting apps to pause, then turn it on or schedule it where available. Paused apps cannot be used and their notifications are paused. Use the available break/turn-off option when needed.

Notification controls [20]

On supported versions: Settings > Notifications > App notifications. Choose an app and adjust available categories or turn unwanted notifications off. Another route is touching and holding a notification to open its settings. Manufacturer labels may differ.

DO NOT BLOCK EVERYTHING

Keep important people and school/travel needs available. Muting a group in the app and changing system notifications are different actions. Check what your chosen setting actually silences.

Google notification help | Google Focus mode help

PREVIEW / FOR PARENTS

A practical system to use together

For parents/guardians buying for a teenager aged about 12-18. The daily programme speaks to your teen; the supporting guide and scripts speak to you.

01 14 daily tasks with teen and parent actions.

02 Private Teen Workbook, Before/Day 14 Audit and Progress Tracker.

03 Shared Agreement, 14 conversation scripts and Android/iPhone setup routes.

04 50 alternative activities, a recovery plan and printable reminder cards.

05 Standalone PDFs, a navigable Complete edition and an offline mobile reading edition.

DIGITAL DOWNLOAD

PDFs and an offline HTML reader. No physical items, subscription, app or personal coaching. Educational guidance; no clinical validation or guaranteed outcomes.

This preview shows sample pages from the complete toolkit. Samples are selected to show the approach and design. Full worksheets and all 14 days are in the paid bundle.