



THE *Parent Teen* DIGITAL DETOX PLAN

A 5-Step Framework to Reset Screen Habits
For Parents of Teens & Tweens



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WELCOME TO YOUR *Parent Teen* **DIGITAL DETOX PLAN**

Reconnect, Reset & Reclaim Quality Time Together



Dear Parent,

If you're raising a tween who's approaching their first phone very soon...or a teen already deep in screens...you're not just managing screen time— you're shaping what comes next.

This is where your child learns how to relate to technology, to boundaries and to themselves.

Screens aren't just devices anymore. They shape sleep, mood, attention and connection— quietly, over time.

And without structure early on, most families don't notice the shift until they're already reacting.

This isn't about removing screens. It's about building the foundation before habits take over.

A Brave First Step Toward Real Connection

By starting this digital detox together, you're choosing to slow down, reset and build healthier tech habits—while strengthening your parent–tween/teen bond.

You're not just changing screen time. You're intentionally creating space for better conversations, clearer boundaries and stronger family connection.

That's something to be proud of.



What to Expect from This Plan

- Simple Guided Steps – A structured detox strategy that's easy to follow and implement immediately.
- Tween/Teen-Friendly Approach—No forced rules; just open, honest and collaborative discussions that empower your tween/teen.
- Practical Exercises – Simple challenges and reflection prompts to build more mindful tech habits.
- Stronger Bond – More face-to-face connection, less digital distraction.



THE *ParentTeen* SCREEN RESET FRAMEWORK

01

AWARENESS

Help your tween/teen understand how screens affect mood, sleep and focus.



02

FAMILY ALIGNMENT

Set shared expectations about where technology belongs in family life.



03

HEALTHY BOUNDARIES

Create device rules together so limits feel fair, not forced.



04

CONNECTION RESET

Replace screen time with real-life activities that rebuild connection.



05

REFLECTION & ADJUSTMENT

Review what worked and refine your family's tech habits.



Step 1- Set Family Goals:

Before starting, sit down as a family and discuss why you're doing this detox. Set some shared goals that everyone can work towards. These can be personal, but it's important to get buy-in from everyone.

Question One

How many hours of screen time per day feels healthy and realistic for each of us?

Question Two

Can we commit to having at least one tech-free meal together each day?

Question Three

What offline activity(s) can we enjoy as a family one day each weekend?

Question Four

Are we open to trying a 24-hour device-free day as a family once a month?

Step 2 - Choose Your Family Detox Plan:

Choose a detox plan that suits your family's lifestyle. This could mean different things for different families, but the key is consistency and participation from everyone.

Detox Plan Options:

Family Weekend Detox:

No screens for the entire weekend—plan outdoor activities, game nights or family cooking sessions.

Daily Family Detox Hour:

Choose one hour each day to be screen-free for the whole family. Use this time for board games, walks or reading together.

Tech-Free Days:

Dedicate one day a month where no one in the family uses their devices—use the time to connect with each other and explore new activities.

SET HEALTHY DIGITAL *Boundaries* **THAT STICK**

Boundaries as a Family Conversation



Why Boundaries Matter

Boundaries aren't punishment — they're protection. When your tween/teen knows the rules and the reasons behind them, they feel safer and more connected. Boundaries don't limit trust. They build it.

Spotting

“DIGITAL OVERLOAD” IN TWEENS & TEENS

It’s not always easy to see when screen time goes too far. Tweens/teens are still developing, and their identity is shaped by what they see—and how they’re seen—online. Here are key signs of digital overload to watch for as a family.

01

CONSTANTLY REACHING FOR THE PHONE

If your tween/teen checks their phone even during short moments of boredom (like waiting for food or in between activities), it may be a habit driven by dopamine—not genuine interest.

02

MOOD SWINGS AFTER SCREEN TIME

Notice irritability, anxiety or low mood after gaming or scrolling? That emotional crash is a red flag. Tweens/teens may not connect the dots between their screen use and how they feel—but you can gently help them reflect on it.

03

DISRUPTED SLEEP OR EXHAUSTION

Late-night scrolling affects melatonin production, making it harder for teens to fall—and stay—awake. If your tween/teen is groggy in the morning or seems “wired and tired,” screen exposure might be part of the problem.

04

LOSS OF INTEREST IN OFFLINE ACTIVITIES

Does your tween/teen say “I’m bored” more often—even when there are options to engage offline? That’s a sign that digital stimulation may be crowding out slower, real-world joys.

05

RESISTANCE TO “UNPLUGGING”

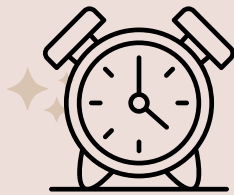
If “let’s take a tech-free hour” sparks anger or anxiety, it may signal dependency—not defiance. Reframe it as giving space to reconnect with real life, not taking something away.

REAL LIFE *Boundaries* YOU CAN TRY TODAY

4 Gentle But Firm Boundaries That Help Tweens/Teens Thrive

The best boundaries are built together. Instead of setting rules for your tween/teen, create them together as a family. When everyone has a voice, it's not about control—it's about care. "What kind of limits feel reasonable?"

1 TIME ANCHORING



No screens before _____ AM or
after _____ PM. Rest matters.

2 TECH-FREE ZONES



No phones in the bedroom. That space
is for rest, not scrolling.

3 CHECK-IN



Drop one line about your day before
screen time.

4 CHOICE-BASED LIMITS







_____ hours of screen time a day.
You choose when and how you use it.

TOOLS THAT SUPPORT *Boundaries* (Without Micromanaging)

Tools for Gentle Screen Control

Before installing anything, talk it through as a family. Ask: “What feels fair? What kind of support would help?” Tools work best when they’re built on trust.

APPLE SCREEN TIME Set app limits, schedule downtime and monitor usage across Apple devices.	
GOOGLE FAMILY LINK Manage screen time, approve app downloads and track location for Android users.	
BARK Monitors texts, apps, and emails for signs of bullying, depression and unsafe content.	
QUSTODIO Gives you insights into screen time, sets limits and blocks harmful content.	

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TOOLS THAT SUPPORT *Boundaries* (Without Micromanaging)

Router-Based Parental Controls (Built-In at Home)

Did you know your home **WiFi router** may already have tools to help manage screen time?

Most modern routers come with built-in parental controls that let you:

- **Pause the internet** for certain devices (like your teen's phone or tablet)
- **Set offline hours** (like no WiFi after 9PM)
- **Block certain websites** or apps during focus time

You don't need to install anything extra—just **log into your router's app or settings page** (your internet provider usually gives you access info when you set it up).

This is a low-effort, high-impact way to create quiet hours for family time, sleep, or screen breaks—without needing to be the "bad guy."

Tip: Involve your tween / teen in the decision. Say something like, "Let's both **unplug** at 9 tonight and hang out for 20 minutes before bed." That way, it feels like teamwork—not control.













”

“The best connection isn’t Wi-Fi—it’s eye contact, shared laughter, and being fully present with the ones you love.”

Step 3 - Plan Family Activities:

Make sure you have some fun, non-digital activities in mind to replace screen time. Work together as a family to come up with a list of things to do that everyone will enjoy.






Activity Ideas for Families:

	Nature Walk or Hike	<input type="checkbox"/>
	Cook or Bake Together	<input type="checkbox"/>
	Family Game Night	<input type="checkbox"/>
	Have a family movie night with no phones allowed	<input type="checkbox"/>
	Do a DIY project or craft together.	<input type="checkbox"/>
	Unplugged Talk Time	<input type="checkbox"/>
	Start a family journal or scrapbook and take turns adding to it.	<input type="checkbox"/>
	Plant something together—whether it's a small herb garden or a few flowers in pots.	<input type="checkbox"/>
	Plan and host a mini family picnic, even if it's indoors.	<input type="checkbox"/>
	Create a time capsule with notes, drawings, or small items to open in the future.	<input type="checkbox"/>

Step 3 - Plan Family Activities:

Let everyone in the family contribute ideas — even the teens! When they help plan it, they're more likely to enjoy it. Use the space below to jot down your own favorite ways to connect — the best ideas often come from you!

Activity Ideas for Families:

	Cycling	<input type="checkbox"/>
	Park Time Together, Fresh air, real laughs and no screens in sight.	<input type="checkbox"/>
	Cruise & Connect	<input type="checkbox"/>
	Strike Up Some Bowling Fun	<input type="checkbox"/>
	Family Puzzle Night	<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Step 3 - Plan **Family Activities:**

Use the space below to write down some of your family's favorite ways to reconnect, unwind and enjoy time together—without screens.

Activity Ideas for Families:

		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
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		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Weekly

FAMILY ACTIVITY

DATE _____

• • • • • • •
S M T W T F S

Things to do

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Inspirations

*Family time: where love grows,
laughs echo and memories stick.*

Family Meeting (Reflection Time)

Unplug & Reconnect Activity

						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reminders

Step 4 - Track Family Progress:

Keep track of how everyone is doing during the detox. At the end of each week, check in as a family: What worked? What was hard? Celebrate small victories together.

Share an interesting win and milestone for each member of the family.

Family Member	Date	Accomplishment

Monthly

FAMILY ACTIVITY

MONTH: _____

Detox Activity

Milestones

S	M	T	W	T	F	S

Step 5 - Reflect and **Adjust as a Family:**

After completing the detox, reflect as a family on the experience. What did you learn about your relationship with technology? Did you feel more connected? Did you meet your goals? Adjust your plans if needed—maybe there's a better way to stay connected, or maybe you want to try a different kind of detox.

Reflection Questions

How did it feel to disconnect as a family?

What did we learn about our screen habits?

What can we do to continue balancing screen time with family time?

What are we most excited to continue doing together offline?

FROM SCREEN TIME TO **REAL TIME**



Whether you completed every challenge or just made a few small changes, take a moment to celebrate the effort your family put into this journey. Choosing to unplug and reconnect isn't always easy—but it's always worth it.

At first, there may have been pushback. Resistance. Even doubt. That's okay. Change—especially with tweens / teens—rarely comes without effort. But your willingness to stay steady, to hold space and to lead with calm, is what makes the difference.

By committing to this detox together, you've taken a powerful step toward the deeper connection you crave. You've reminded your tween / teen that presence matters. That boundaries can coexist with love. And that family is worth showing up for.

This is just the beginning. It won't always be smooth—but it doesn't have to be perfect. Take it one step at a time. Reset. Reconnect. And repeat as needed.

Here's to more calm. More connection. And more real-life moments that matter.

SuParents Team

