TECH TIP #9: IF YOU FEEL ADDICTED TO YOUR PHONE, READ THIS

Parent Question: *"Okay, I'll admit it. It's not just my child that has a hard time putting down technology. I feel like I'm addicted to my phone. How can I start to detox?"*

You're not alone. Most adults check their phones over **200 times a day -** that's about every five minutes while awake. Many apps and games are **built to hook us** and make us stay on longer than we intended!

Games and social media apps intentionally use bright colors, surprise rewards, endless scrolling, and constant notifications. They're designed to make you keep coming back. All these features light up the brain's reward system, making it really hard to stop.

But here's the good news: **small changes can make a big difference.**

Healthy screen habits in your family start with you. Kids learn more from what we do than what we say. It's okay to admit to your child that you're having a hard time limiting your screen time - in fact, it might make them open up about their own struggles.

💬 Family Conversation Starter

*What do you notice about **my** habits on my phone?*

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Start a Tech Habit Audit

For one week, notice when, where, and why you pick up your phone. Are you bored? Tired? Avoiding something? Just noticing these patterns can help you be aware of what your triggers are and help you make smarter choices with your time. Here are a few healthy micro habits you can try today:

- Charge your phone outside the bedroom overnight
- Set one "screen-free" time each day, like during dinner dedicate one hour to family time
- Turn off unnecessary notifications
- Use "Do Not Disturb" during work or family time
- Move apps off your home screen so they're less tempting
- Delete social media apps from your phone
- Try "grayscale" on your phone instead of using full color - it makes the display less appealing, decreases usage and promotes better digital habits.
- Try using a real alarm clock instead of your phone

You can also find support by joining other slow-tech parents to build healthier tech habits together.

Take this Digital Wellness Quiz to see where you're doing well and where you could grow.

www.digitalwellnessinstitute.com/landing-pages/digital-flourishing-survey

Questions or topic suggestions? Email us at info@centerforonlinesafety.com

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