Digital Wellness Tips for Parents of Teens

Support your teen in staying balanced, safe, and self-aware in a digital world.

1. Talk About How Tech Affects Mood

Teens may not notice when digital use begins to drain their energy, confidence, or self-worth. Encourage them to pay attention to how different apps make them feel and to take breaks from anything that causes stress or self-doubt.

2. Use Parent Controls & Encourage Screen-Life Balance

Remind your teen that real-life experiences are the key to building friendships and having fun. Enforce a limit of **2 hours or less of non-school screen time each day**, and make time for movement, hobbies, friendships, and rest. Set app limits and device downtime using built-in tools like Apple Screen Time or Android Digital Wellbeing.

3. Create Tech-Free Zones

Establish simple rules like **no devices at meals, no screens in bedrooms, and no screens 1 hour before bedtime.** These small habits support better sleep, stronger family bonds, and improved attention span.

4. Help Them Take Control of Social Media

Let them know it is healthy to **unfollow**, mute, or take breaks from certain content. Encourage them to **turn off Notifications** for social media apps, which are distracting and pull them away from what they were focused on (schoolwork, chores, time with family and friends). Framing this as a form of self-care can help them feel empowered rather than ashamed.

5. Keep Communication Open

Reinforce that they can come to you if they ever feel pressured, uncomfortable, or unsure online. Your role is to support and protect, not to punish or invade their privacy.

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