

Phones & Healthy Boundaries

Phones are often a **point of tension** between parents and teens.

But here's the truth: trying to control your teen's phone use is a losing battle.

Instead, focus on **influence, not control**.

Be a **mentor, not a warden**.

When parents and teens work together, phones can become a **tool for connection, growth, and creativity**—not a source of conflict.

Conversation Starters

- Parent to teen: "How do you feel about how much time you spend on your phone?"
- Teen to parent: "What boundaries do you think would help you use your phone more healthily?"

(Tip: listen more than you talk—this builds trust.)

Reflection Activity

For Teens

1. What do I love most about having my phone?
2. What's one way my phone use sometimes gets in the way of my goals, relationships, or sleep?
3. A boundary I'd like to try is: _____

For Parents

1. What worries me most about my teen's phone use?
2. What do I appreciate about how my teen uses their phone?
3. A supportive boundary I'd like to suggest is: _____

Healthy Phone Habits You Can Try Together

- Create a charging station where phones rest overnight.
- Decide on when you are going to evaluate how they boundaries worked or didn't work. A week is usually a good time to have a check in on how the plan is going.
- Schedule phone-free meals for connection.
- Try screen-free Sundays (or another day that works for your family).
- Explore apps together that support well-being (meditation, music, journaling, exercise).

🌟 Remember: It's not about strict rules. It's about cooperation, connection, and building lifelong habits.

Keep going—you're making amazing progress!

