

Why

do teens spend so much time online?

In today's world, being online is basically a necessity. Many schools and workplaces use digital platforms for day-to-day activities, making it difficult to avoid screens. It is, however, easy to get drawn to devices, especially with the rise of addictive social media and games.

It's not bad to spend some leisure time online. The problem arises when going on a screen becomes passive, almost automatic. Over time, this can start to affect your mood, focus, relationships, academics, and more. Recognizing these patterns is the first step toward taking control of your online habits.

What

are the effects of too much screentime?

- Some common effects of too much screen time include:
- Increased anxiety, stress, & FOMO
- Less focus and shorter attention span
- Difficulty completing schoolwork & tasks
- Mood swings linked to social media
- Feeling drained/unmotivated
- Eye strain, headaches, & bad sleep
- Poor posture
- Getting lectured. Very often 😞

If you noticed that any of these sound familiar, don't worry. You're not alone. Let's see what we can do to take action and find balance.



So... about TeenTechWellness!

Teen Tech Wellness is an organization created by teens for teens. We focus on helping teenagers spend less time online through the use of our toolkits (like the one you're reading right now!) and other resources.

REACH OUT!

(and yes, it's all online)

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You got this! Everyone
is rooting for you!

TeenTechWellness Presents:



Overcoming Online Overuse

An informational toolkit
created to help teens manage
their screentime and use their
devices more intentionally :)

Let's get started! →

Identify your use 🔍

The next step is noticing how you're using your time online — because not all screen time is the same.

- **Intentional:** logging on for homework, to talk with a friend, or to watch something you picked.



- **Automatic:** opening a device out of habit, boredom, or stress — without a clear purpose



Automatic use occurs when being online is no longer purposeful, but out of habit. This often leaves you feeling drained.

Find alternatives

Once you can tell the difference, the question becomes: *what can I do instead?* We often reach for screens when we're bored, stressed, or tired. Instead, swap with these:

- **Creative outlets:** draw, write, cook, 🍳
- **Movement:** walk, stretch, play a sport, 🏃♀️
- **Connection:** spend time with friends or family face-to-face 🤝
- **Organize:** tidy your space, plan your day, make a list, 📅
- **Rest:** nap, breathe, or daydream 🧘♀️

These swaps may seem small, but every step counts! You'll feel much better :)

Protect your focus

Try these to protect your attention and complete tasks without getting distracted:

Phone out of sight: research shows even seeing your phone can split your attention. Put it in another room or face-down across the table.



Block study time: try 25–30 minute "focus blocks" with a 5-minute break. A pomodoro timer is especially useful.

Turn off notifications: turn on "Do Not Disturb" or mute group chats until your block is done.



Task list first: write down three things you want to finish before you open your laptop or phone.

Close the extras: only keep the tab/app you're actively using open. If you need music, choose a playlist before you start

Reward system: save TikTok, YouTube, or games for after you finish a block — using scrolling as a break, not a distraction.



Boundaries don't limit you, they free you. The less time you spend on the screen, the more time you'll have for the things that you care about!

Tools to help you 🛠️

There are tools online that can guide you through building better habits, staying focused, and making your screen time more intentional:

- **Focus timers:** *Focus*, *To-Do*, or a simple Pomodoro timer can keep you on track with short, focused work sessions.
- **App/site blockers:** *Cold Turkey*, or *StayFocusd* limit distracting apps or websites during study time.
- **Screen-time trackers:** *Apple Screen Time*, *Digital Wellbeing* (Android), or *RescueTime* show where your time goes and help you set limits.
- **Notification managers:** Use *Do Not Disturb*, *Focus Mode*

Moving Forward

Noticing your habits is the first step! That's something to be proud of. Here are our final tips & reminders:

- **Change happens in small steps** — five minutes less here, one choice there — and it will all add up.
- **If you slip back, it's okay.** Reset and keep going. Progress is better than perfection.
- **Screens are part of life — the goal is balance.** They should support you instead of drain you.

Here's to more focus, more calm, and more life beyond the screen! ✨