A SMALL EXPERIMENT

WHAT WOULD YOU MAKE ROOM FOR?



Choose one thing you want more of. You can keep using screens and still make space for what matters to you.

- ☐ Sleep or a calmer wind-down.
- ☐ Time with someone I like.
- ☐ Creating something myself.
- ☐ Something else:

One small way to make room:

Start with a change you choose.

SUPPORT WITHOUT THE LECTURE

YOU CAN ASK FOR BACKUP.

If something online leaves you scared, pressured, or unsafe, tell a trusted adult. You deserve support with what happened.

"I want help with something online. Can you listen first, then help me figure out my next step?"

If scrolling or gaming keeps getting in the way of sleep, school, or people, a counselor can help you make a plan.

Someone I could talk with:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

Progress is Progress LLC

www.progresscounselingprograms.com

15 / TEENS AGES 13–18

YOUR FEED, YOUR HEADSPACE

A little more choice in your digital life.



What gets your attention gets some of your day.

Progress is Progress LLC

Mile or a Millimeter

01 / A FEED CHECK-IN

HOW DOES IT LEAVE YOU?

Choose one app, game, or kind of content.
Check in before and after using it.
You can keep the answers private.

What I used:

Before, I felt:

After, I felt:

What I notice:

Look for your own patterns.
One check-in is a starting point.

02 / WHEN COMPARISON HITS

A POST LEAVES THINGS OUT.

A polished post cannot show a whole life.
Try this when a feed makes you feel
like you are falling behind.

The thought I started having:

What the post cannot tell me:

A fairer thought about my life:

**“I am seeing one part of their day.
I can choose what I keep
watching.”**

03 / A PLAN TO TRY

ONE CHANGE. THEN CHECK IN.



Choose a small change for the next
few days. Adjust it to fit your life.

- ☐ Mute an account that drains me.
- ☐ Silence optional notifications.
- ☐ Choose a time to stop gaming.

My plan, including when:

After trying it, I noticed:

Keep it, change it, or ask for help.