The program sets up a Turtle screen, creates a turtle pen, and allows users to control the pen's movement using the keyboard.

1. Initialization:

- Import necessary libraries ('turtle', 'sys', 'keyboard').
- Define constants for the default screen width and height.

2. Screen Setup:

- Set up the Turtle screen with the specified or default width and height.
- Set the background color to white.

3. Pen Setup:

- Create a turtle pen with specific attributes (shape, color, speed).
- Move the pen to the starting position and set its initial direction.

4. Pen Movement:

- Create a function 'move_pen' to move the pen continuously in the direction it is facing.
- Check if the pen is moving, and if so, move it forward by a fixed amount (10 units).
- Check if the pen hits the window boundaries and teleport it to the opposite side if necessary.
- Use `turtle.ontimer` to call `move_pen` every 10 milliseconds.

5. Keyboard Input Handling:

- Create a function 'handle_key_event' to respond to keyboard events.
- If a key is pressed ('keyboard.KEY_DOWN'), check for specific keys:
- Toggle pen up/down with 'p'.
- Change pen direction with 'w' (up), 's' (down), 'a' (left), 'd' (right).
- Exit the program with 'q'.

6. Teleport Function:

- Create a function 'teleport' to move the pen to a specific position.

7. Keyboard Bindings:

- Use the 'keyboard' module to bind the 'handle key event' function to keyboard events.
- 8. Start Pen Movement Loop:
- Start the continuous pen movement loop ('move_pen').
- 9. Keep the Program Running:

- Start the Turtle main loop (`turtle.mainloop()`) to keep the program running.