

← **Select Profile**
Choose a child to manage

EM **Emma**
Social Media

Daily Usage
4h 32m

Select

LC **Lucas**
Games

Daily Usage
3h 15m

Select

SP **Sophie**
Education

Daily Usage
2h 48m

Select

← **Grant Extra Time**
Reward good performance

EM **Emma**
Weekend bonus time

Saturday Bonus **30m**

0m 3h

Sunday Bonus **30m**

0m 3h

💡 Extra time will be added to Emma's regular daily limit for weekend days only.

Grant Extra Time

Cancel

✓

Confirm Extra Time
Review before saving

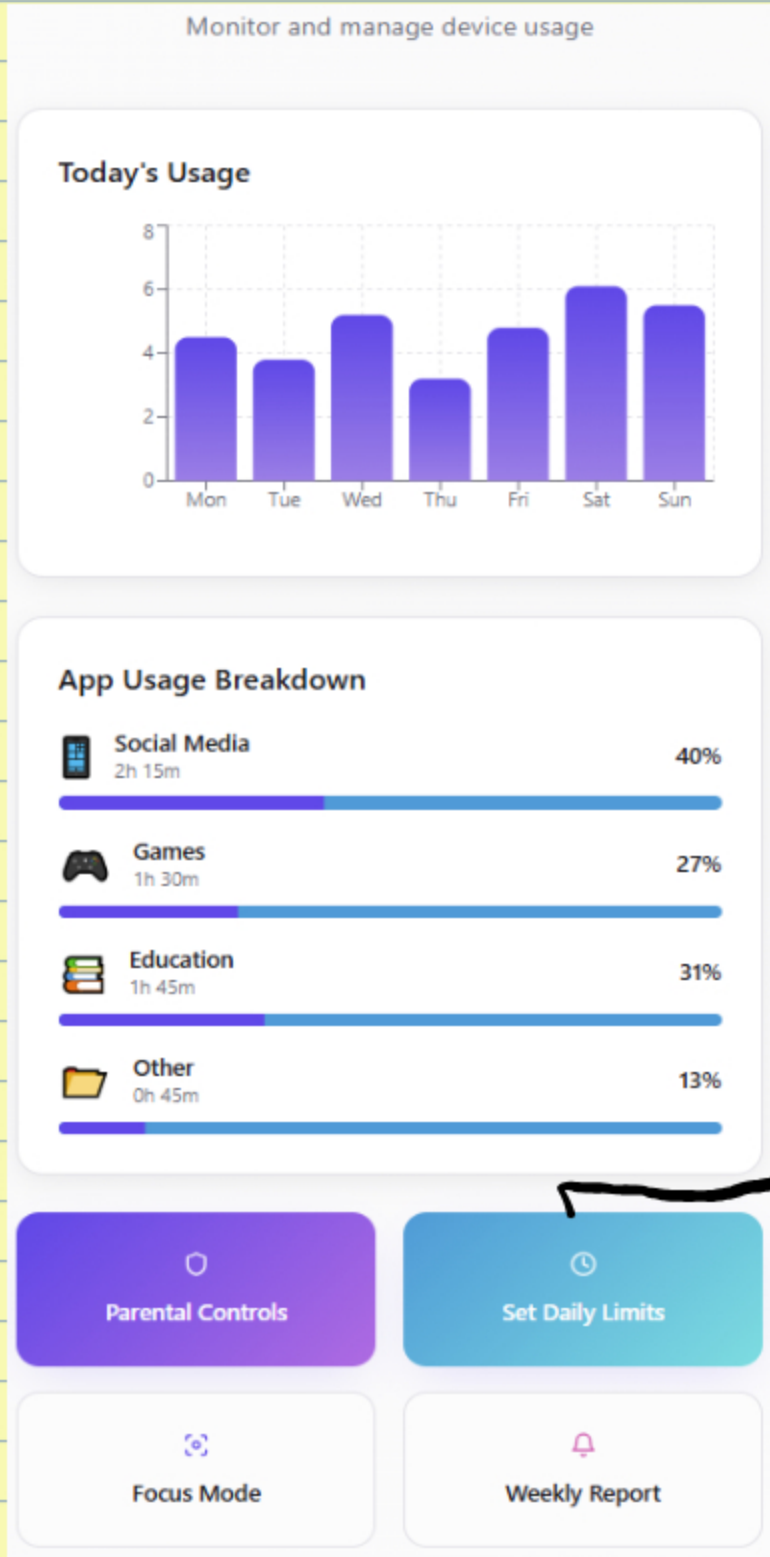
Weekend Bonus Summary

EM **Emma**
Extra screen time

This extra time will be added to the regular weekend limits. It's a great way to reward good performance!

Confirm & Grant Time

Go Back to Edit



Set Daily Limits

Control screen time

Total Daily Screen Time

6h 0m

Drag to adjust total daily limit (1h - 8h)

App Category Limits

Social Media
2h 0m

Games
1h 30m

Education
3h 0m

Entertainment
1h 0m

Cancel

Save Limits

Confirm Your Limits

Review before saving

Daily Limits Summary

Social Media	2h 0m
Games	1h 30m
Education	3h 0m
Entertainment	1h 0m

These limits will be applied immediately. You can adjust them anytime from the dashboard.

Confirm & Activate

Go Back to Edit

Monitor and manage device usage

Today's Usage

Day	Usage (h:m)
Mon	4:30
Tue	3:45
Wed	5:15
Thu	3:15
Fri	4:45
Sat	6:00
Sun	5:45

App Usage Breakdown

Social Media
2h 15m
40%

Games
1h 30m
27%

Education
1h 45m
31%

Other
0h 45m
13%

Parental Controls

Set Daily Limits

Focus Mode

Weekly Report

Weekly Report

Last 7 days overview

Average Daily Usage
3h 45m
-12%

Most Used Category
Social Media
+8%

Focus Time
2h 30m
+15%

Daily Usage Trend

Day	Usage (h:m)
Mon	4:30
Tue	3:45
Wed	5:15
Thu	3:15
Fri	4:45
Sat	6:00
Sun	5:45

Category Breakdown

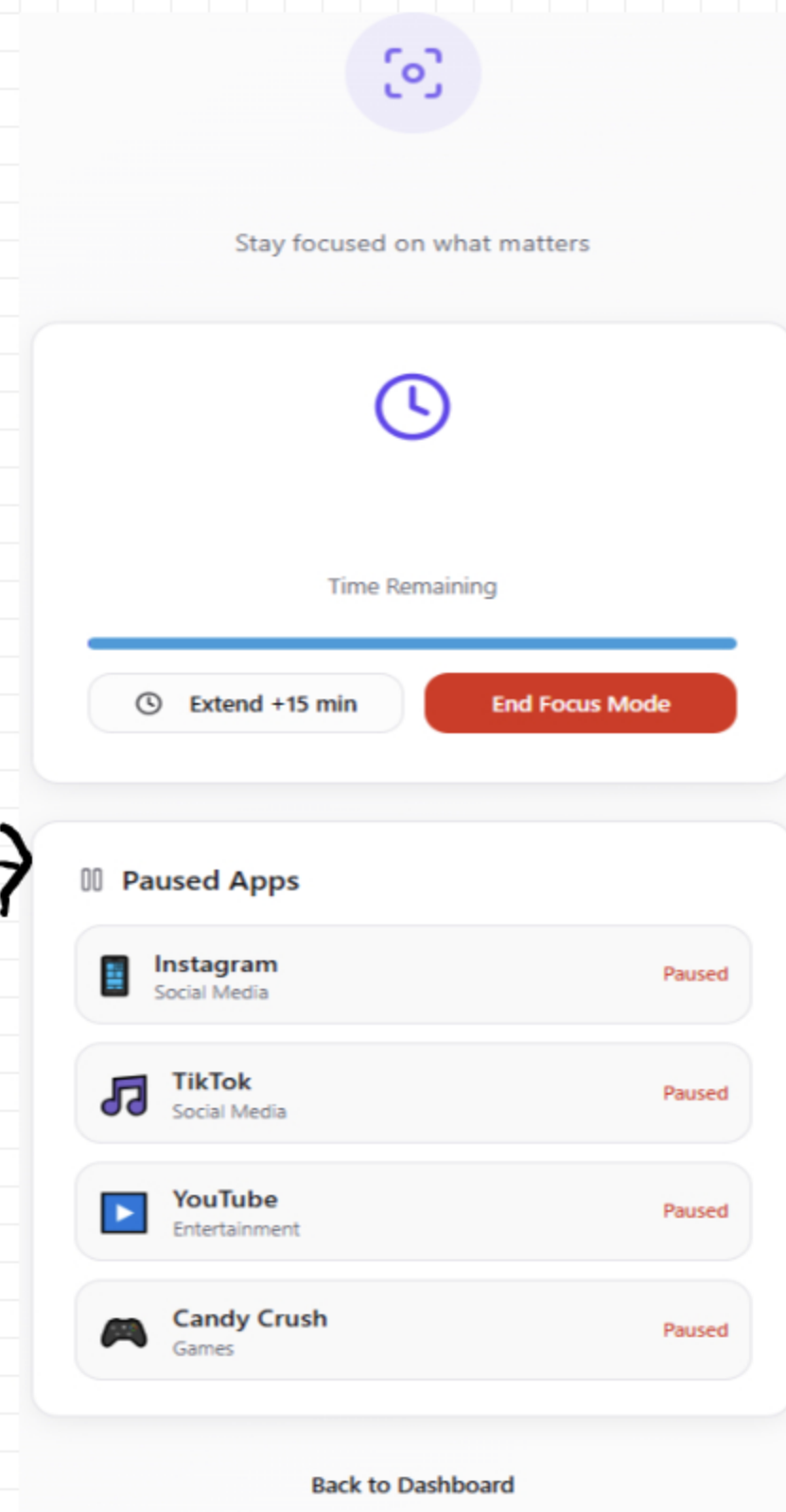
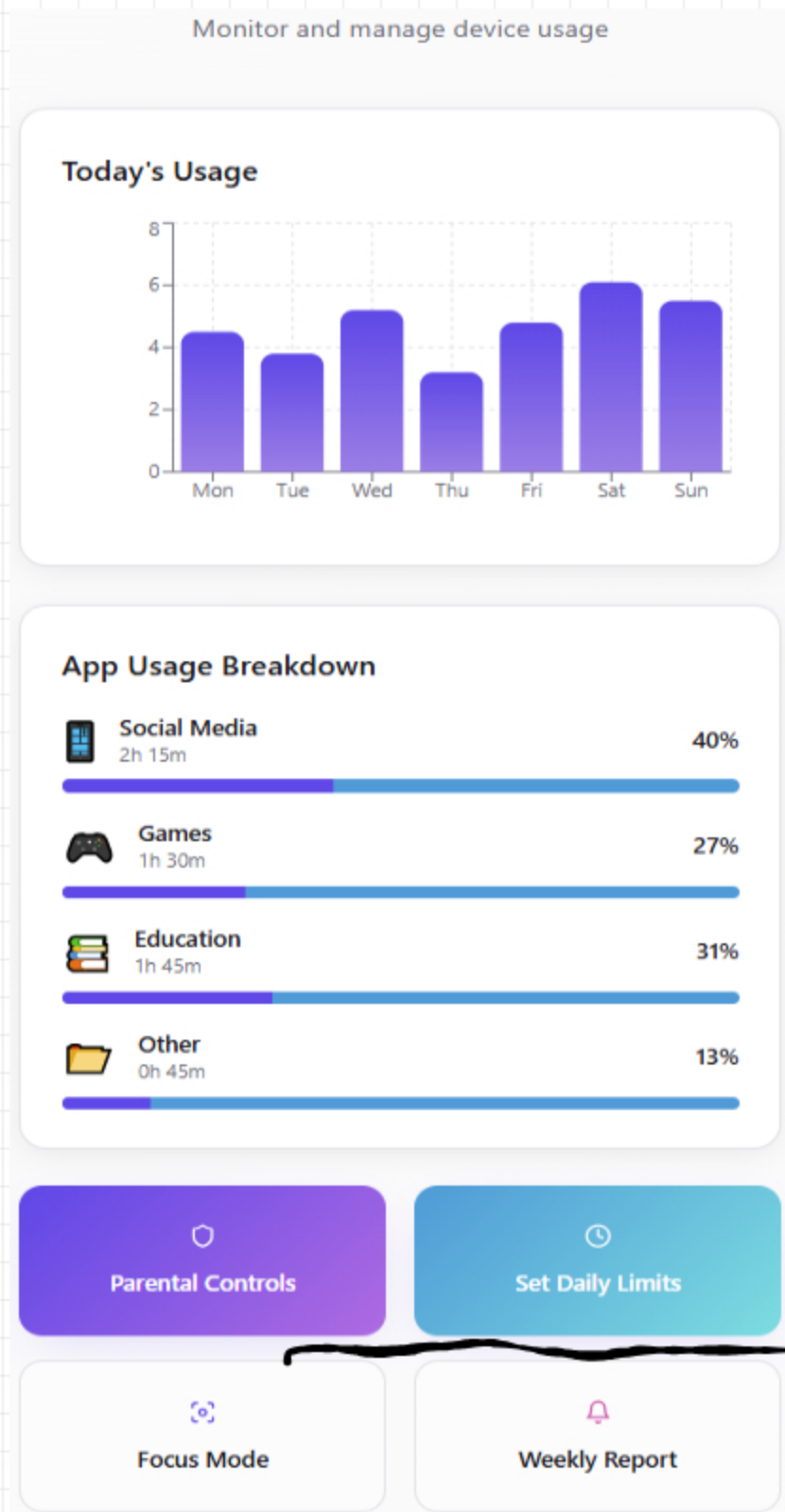
Category	Usage (h:m)	Percentage
Social Media	2h 15m	36%
Games	1h 30m	24%
Education	1h 45m	28%
Other	0h 45m	12%

Great Progress!

Usage has decreased by 12% this week. Keep it up!

0%100%

Back to Dashboard



Name

age: 34

residence: Columbia, SC

education: High School Diploma

occupation: Hair braider

marital status: Single with kids

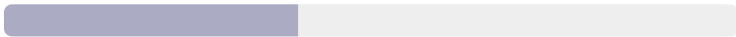


I just want something simple that actually works — no more fighting over tablets every night.

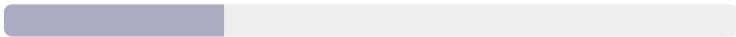
Angela works from home and often manages clients while raising her two children, ages 8 and 12. She uses her phone and social media to promote her hairstyling services and schedule appointments.

Comfort With Technology

INTERNET



SOFTWARE



MOBILE APPS



SOCIAL NETWORK



Criteria For Success:

Easy setup and clear app instructions.

Children follow screen-time rules without arguments.

Feels confident she's protecting her kids while respecting their privacy.

Needs

- Wants to make sure her children don't spend too much time on games or YouTube.
- Hopes to teach them responsibility and balance with technology.

Wants

- The new app gives Angela an easy, reliable way to set screen limits that apply across all her children's devices.
- The friendly interface helps her track usage without invading privacy, reducing stress and family conflict.

Values

- Simplicity and clarity in tools she uses.
- Trust and respect between parent and child.
- Family harmony and open communication.

Fears

- Finds most parental control apps too complicated to set up.
- Her kids have learned to bypass restrictions before.
- She feels guilty when conflicts arise over screen time.

Name

age: 40

residence: Columbia, SC

education: Bachelor Degree

occupation: Marketing Engineer

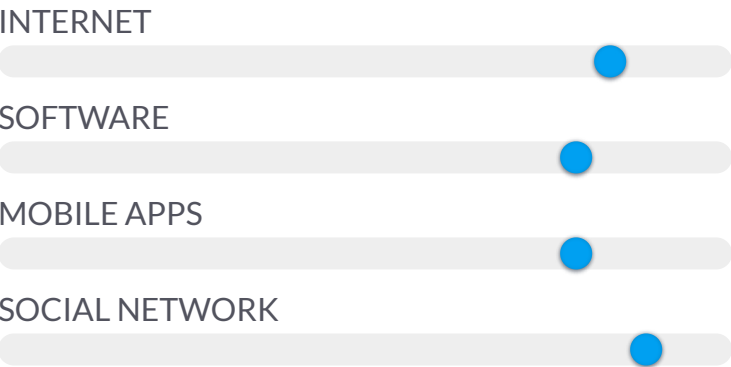
marital status: Married with kids



I love technology, but it should serve my family — not control it.

Marcus is a tech-savvy professionals who use multiple devices for work and communication. He is married and they have two children, ages 10 and 14, who spend a lot of time gaming and using social media. Marcus and is wife Daniella are busy workers.

Comfort With Technology



Criteria For Success:

Centralized control for all family devices.
Smart analytics showing patterns and progress.
System that supports healthy habits without micromanaging.

Needs

- The app provides a unified dashboard for tracking screen time, automatic device syncing, and insightful analytics. It helps them guide their children’s habits through collaborative goal-setting rather than strict control.

Wants

- Maintain a healthy balance between their kids’ online and offline activities.
- Use data-driven insights to guide screen-time rules.
- Foster independence and digital responsibility in their children.

Values

- Efficiency and data accuracy.
- High-level planning and long-term habit building.
- Respect for privacy and trust in technology.

Fears

- Existing apps lack synchronization and flexibility.
- Dislike tools that block learning or invade privacy.
- Managing time across platforms feels inconsistent.

Name

age: 29

residence: Columbia, SC

education: Bachelor's Degree in Education Technology

occupation: Trainer and Digital Coach for Parents

marital status: Single With Kids



"My goal is to make every parent feel like a tech expert — even if they've never used an app like this before."

Sophia works with parents to help them learn and adopt new technology. She designs simple, hands-on tutorials and enjoys guiding users to feel confident with digital tools. She often conducts webinars, one-on-one sessions, and creates support videos for apps.

Comfort With Technology

INTERNET



SOFTWARE



MOBILE APPS



SOCIAL NETWORK



Needs

- The app provides Sophia with clear, user-friendly design, in-app tutorials, and step-by-step setup guides, making her training sessions smooth and effective. She can create supplemental resources like videos, FAQs, and webinars to support parents.

Values

- Clear communication and patience.
- Empowering users to become independent with technology.
- Practical, easy-to-follow instructions.

Criteria For Success:

Parents can set up and manage the app confidently on their own.

Parents understand how to enforce screen-time rules without conflict.

Parents return for optional advanced tips or features, showing engagement and trust.

Wants

- Help parents feel confident using the new screen-time management app.
- Reduce confusion, frustration, or misuse of the app.
- Provide tips for teaching children digital responsibility.

Fears

- Parents sometimes skip tutorials or avoid learning new features.
- Some apps are poorly designed, making training difficult.
- Difficult to balance helping without taking over or undermining parent authority.

Name

age: 13

residence: Columbia, SC

education: 7th Grade

occupation: Student

marital status: Single



"I don't mind limits, as long as they're fair and I can earn a little extra time."

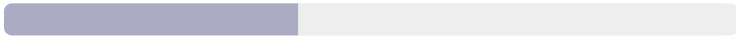
Haley is curious and social. She uses her tablet and phone to watch videos, message friends, and play games after school. His parents want to help her develop responsible habits without constant arguments.

Comfort With Technology

INTERNET



SOFTWARE



MOBILE APPS



SOCIAL NETWORK



Criteria For Success:

Clear feedback on how he's using his screen time.
Ability to earn extra time or rewards for balance.
Positive recognition from parents for managing devices well.

Needs

- The app gives Ethan friendly progress trackers, achievement badges, and rewards for balanced use. It helps him learn time management in a way that feels fair and motivating.

Values

- Fairness and mutual trust.
- Earning independence through good behavior.
- Recognition for self-control and responsibility.

Wants

- Keep some freedom while managing his own screen time.
- Show his parents he can be responsible online.

Fears

- Hates apps that lock him out suddenly or feel unfair.
- Gets frustrated when limits seem too strict or inconsistent.