

1. Limit phone use or help people with phone addiction *

2. Get more people involved in sport *
3. Teach people how to become more social
4. Teach them about drugs

- Who - Teens aged 13 - 18 in Australia.
- What - They'll get knowledge on why high phone usage is not good for them and why they should limit phone use.
- Why - To have a better life without the constant usage of phones and to get rid of an addiction.
- How - It'll hopefully help reduce them with the usage of their phone and teach them some strategies to limit their usage.

Statement of intent:

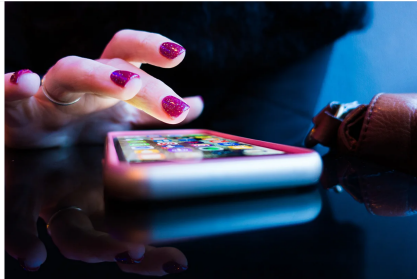
I intend to make a website with strategies and tips for teens in Australia to limit and reduce usage on their phones. Teens can live a better life without the constant usage of phones and get rid of an addiction. I want my website to help reduce their phone usage and teach them multiple strategies to restrict their usage. My website will include the benefits of keeping off your screens and how Australian teen lives will improve without phones. High phone usage is a common problem in Aussie teens and by spending less time on their phones, Aussie teens will be loving life more than ever.

My website will include multiple tips and strategies on how to reduce screen **because** Aussie teens need to spend more time spending time with family and friends, studying or just avoiding their phones in general.

From visiting my website Australian teens will find tips and the benefits on how and why phone use must be limited. They will find useful information in aid to restrict teen phone use in Australia.

5 Different websites

1. <https://www.digitaltrends.com/mobile/best-apps-for-limiting-your-screen-time/>
2. <https://www.popsoci.com/how-to-reduce-device-screen-time/>
3. <https://www.makeuseof.com/tag/cut-smartphone-usage-changes/>
4. <https://www.bustle.com/p/9-ways-to-reduce-screen-time-fight-the-urge-to-check-your-phone-18841370>
5. <https://www.usatoday.com/story/tech/columnist/komando/2022/01/30/addicted-your-phone-built-features-can-help-limit-screen-time/9260868002/>



<https://www.popsoci.com/how-to-reduce-device-screen-time/>

1. Interesting photo, Colours catch your eyes/engaging.
2. The website's buttons are easy to use and the dropdown feature allows users to maximise their use of the website.
3. The dropdown feature makes it easier for a user to explore the website therefore including a feature similar to it will make my website more engaging and easy to use.



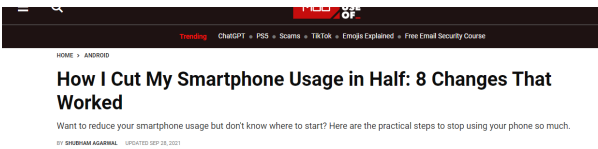
<https://www.digitaltrends.com/mobile/best-apps-for-limiting-your-screen-time/>

1. Has buttons for different phones for people to look into. The colour of the website is very common and doesn't have a unique look to it.
2. Each button leads you to a different page providing information about a particular phone which allows a larger range of phone users to use the website.
3. I will want my website to look unique whether it's the font or colours however the website reaches out to specific audiences which creates a greater UX.

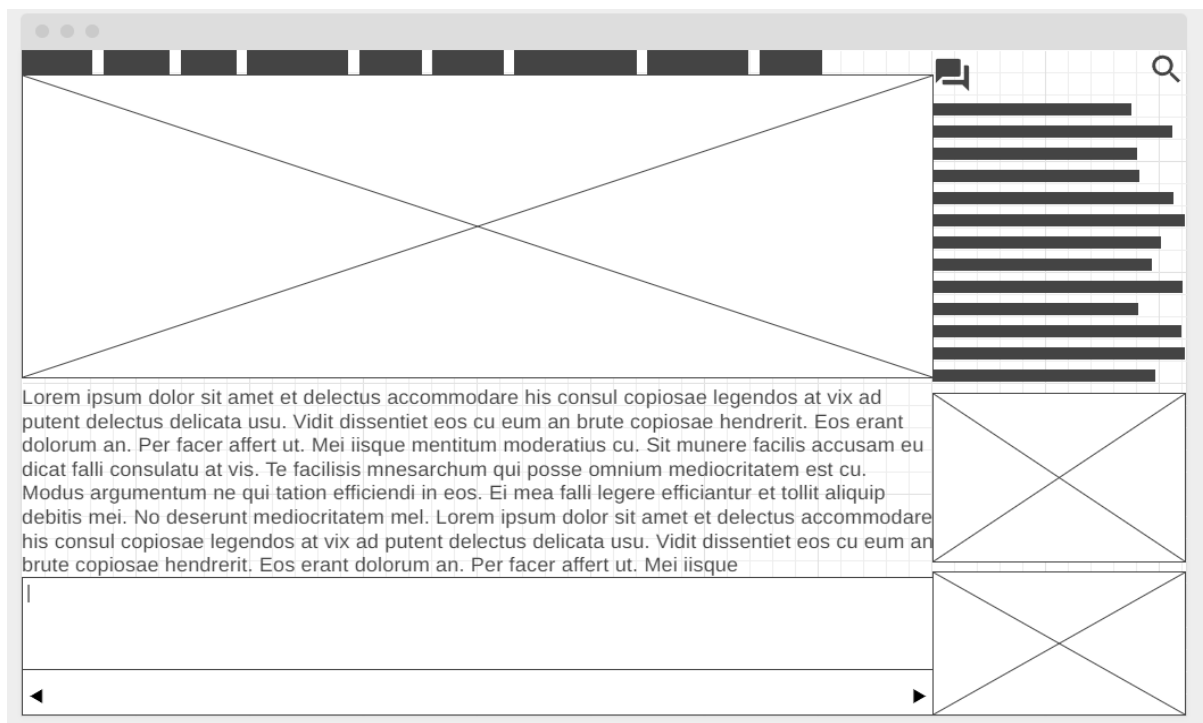
- Go to **Settings > Screen Time**, then tap Turn On Screen Time.
 - Select **Continue** on the next page and tap **This is my iPhone**. (Note: There is an option to select **This is My Child's iPhone** if you want to set it up on theirs.)
 - Tap **Downtime**, then slide the toggle next to **Scheduled** to the right to enable it. This turns on downtime for the time you select. A downtime reminder will appear five minutes before it begins.
 - Select **Every Day** or **Customize Days**, then set the start and end times.
- Only calls, messages, and apps you choose to allow are available during downtime. Now, you probably need to access some apps throughout the day for work or other important matters. You can set limits for app categories or individual apps in iOS:
- Go to **Settings > Screen Time** and turn on Screen Time.

<https://www.usatoday.com/story/tech/columnist/komando/2022/01/30/addicted-your-phone-built-features-can-help-limit-screen-time/9260868002/>

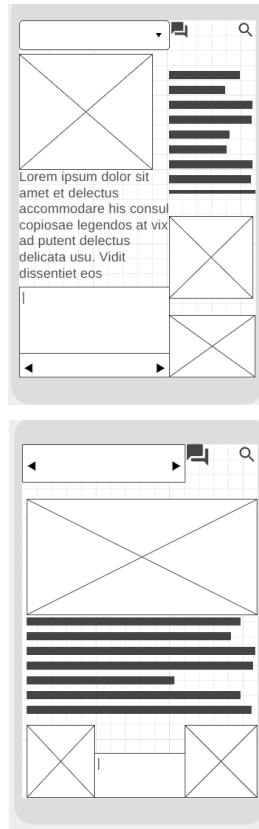
1. The website gives you tips right from the get go in dot point form which makes the UX great for anyone however the constant annoyance of pop-up ads distracts users from gathering the full information available on the website.
2. The buttons take you to a new page which is completely irrelevant to the context of the actual website therefore degrading the UX.
3. I will get straight to the point in my website and avoid unnecessary buttons which ruins the users time on the website.

<p>In recent years, the body of research around how screen time affects mental and physical health has started to grow. People have studied the connection between social media use and rates of loneliness and depression, as well as the higher rates of stress associated with people's phones being constantly "on" and around them.</p> <p>For example, one such study published by psychologist Melissa Hunt in <i>The Journal of Social and Clinical Psychology</i> showed a connection between the use of certain social media apps and "decreased well-being." "Using less social media than you normally would leads to significant decreases in both depression and loneliness," Hunt said to <i>Penn Today</i> about her study. "These effects are particularly pronounced for folks who were more depressed when they came into the study."</p> <p>Though not all screen time is spent on social media, gaming, or interactive apps, it's these styles of app that tend to be the most dangerous, according to Harvard Health. "Virtually all games and social media work on what's called a variable reward system, which is exactly what you get when you go to Mohegan Sun and pull a lever on a slot machine," Michael Rich, the director of the Center on Media and Child Health at Boston Children's Hospital, told the Harvard Health blog. "It balances the hope that you're going to make it big with a little bit of frustration, and unlike the slot machine, a sense of skill needed to improve."</p> <p>Your phone contains the capacity to help you in so many facets of your life, but it can also be detrimental to your health. And yet, even with all of this new information about how smart phone usage can hurt you, it can still feel really hard to limit or even keep track of how much time you spend looking at a screen.</p> <p>Here are a few tips on how you can best curb your screen time usage, or keep track of it at the very least:</p> <p>https://www.bustle.com/p/9-ways-to-reduce-screen-time-fight-the-urge-to-check-your-phon-e-18841370</p>	<ol style="list-style-type: none"> 1. The website contains too much writing and facts rather than tips to help reduce screen time unless after multiple scrolls. No buttons which leads to the website being less engaging. Large photos are used and are clearly labelled which helps. 2. Some links which lead to videos. 3. Use large pictures however get right to the point with my tips and info.
 <p>https://www.makeuseof.com/tag/cut-smartphone-usage-changes/</p>	<ul style="list-style-type: none"> - Button seem boring - Tips are set out in number format therefore it's easier to understand the tips and makes it more engaging

Wireframe for Desktop



Wireframe for Phone



UX Persona

1. **As a** teen from Australia, **I want to** find tips and information on how to limit phone use, **So that** I can be more productive and enjoy a better life without screens.

2. **As a** parent of a teen, **I want to** find ways my teen can reduce time on his phone, **So that** I can spend more time with my teen and that he isn't distracted by their phone.

Logo Ideas:

Favicon:

Unset

```
<link rel="apple-touch-icon" sizes="180x180" href="/apple-touch-icon.png">
<link rel="icon" type="image/png" sizes="32x32" href="/favicon-32x32.png">
<link rel="icon" type="image/png" sizes="16x16" href="/favicon-16x16.png">
<link rel="manifest" href="/site.webmanifest">
<link rel="mask-icon" href="/safari-pinned-tab.svg" color="#5bbad5">
<meta name="msapplication-TileColor" content="#da532c">
<meta name="theme-color" content="#ffffff">
```

LOGO



MOOD BOARD



Sitemap:

