

Decision Canvas

Make choices that work for everyone

Who is involved?
Write down 1-3 people or groups who may gain or lose

Child Parents

What is happening?
Describe in 1-3 points, as an outsider would

Child uses phone after 20:00 every night
Parents set a no-screen rule after 20:00 for the child
Parents use their own phones after 20:00

What do they know for sure?
Write down 1-3 facts anyone can verify

Screen light disrupts sleep
Child sleeps fewer than 8 hours on school nights
The rule applies to the child only, not the parents

What do they think or believe?
Write down 1-3 assumptions, concerns or beliefs

Parents think the rule is fair because they are adults
Child believes the rule is unfair because parents don't follow it themselves
Child thinks phone use after 20:00 is normal

What can we do?
Write down 2-5 things you can do — ideas, actions or solutions

One screen-free evening a week, together

How do we build a solid base for it?
How clear and shared is the meaning of important words?
How well is it supported by verified facts?
How sound is the reasoning, given any rules that apply?

How fair and responsible is it?
How fairly does it treat everyone directly involved?
How honest and transparent is it?
How well is responsibility shared among those involved?

A phone-free basket for everyone after 20:00
Parents keep their phones, child gets a timer

How broadly does it apply?
For everyone and everything?
Here and in other places?
Now and in the future?

7 Harmonious
After dinner: screens off, family on

6 Inclusive

5 Constructive

4 Functional

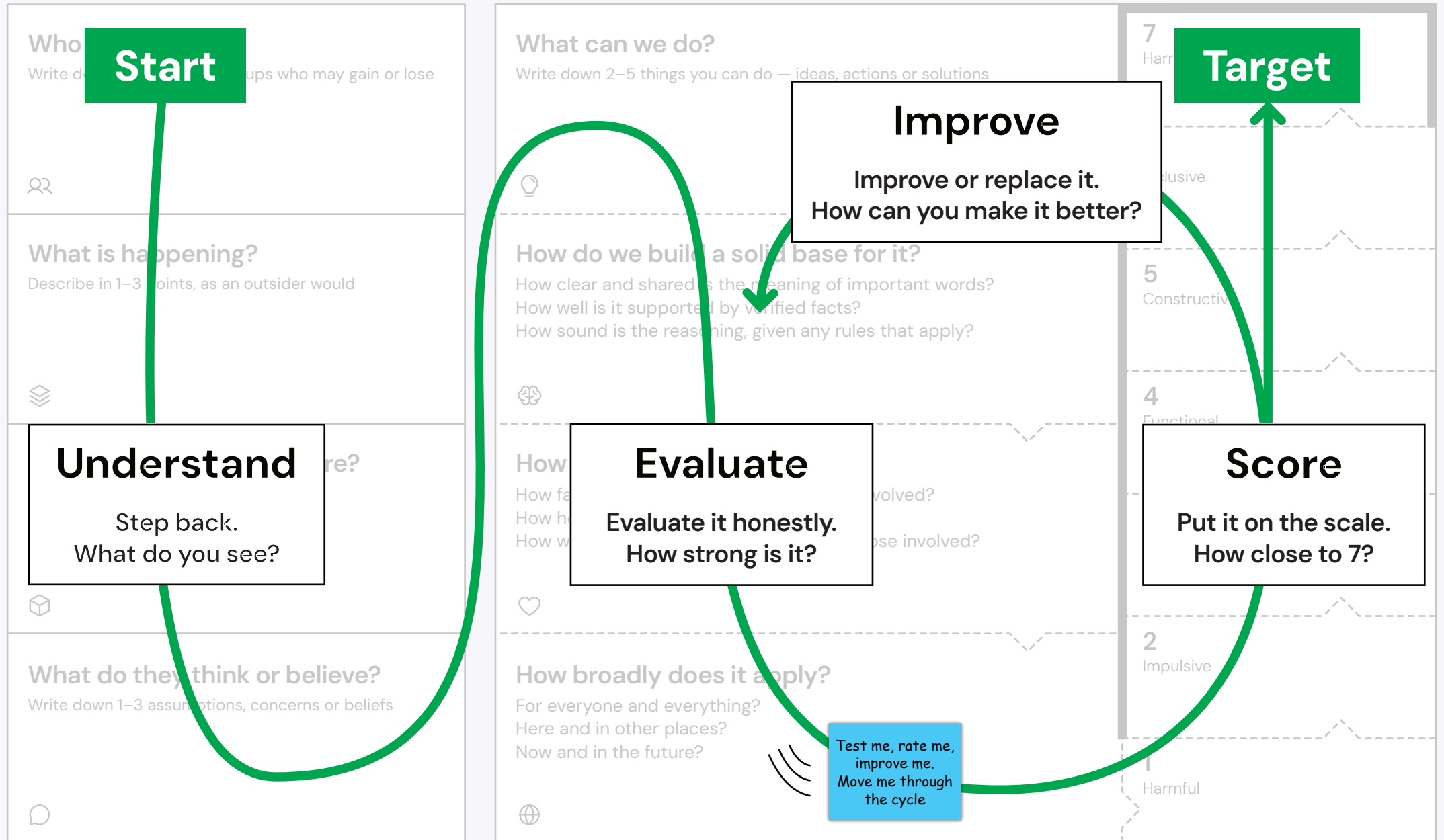
3 Selfish

2 Impulsive

1 Harmful
Take the phone away, no exceptions








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