

Your Phone Detox Checklist

10 Steps to Reset

Disconnect to Reconnect



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Erasmus+

Project overview

A practical 10-step Phone Detox Checklist that helps young people reduce excessive phone use and reconnect with meaningful offline experiences. Built around Erasmus+ values, the project combines participation, cultural exchange, creativity and wellbeing. Each step turns awareness into a realistic action that can strengthen routines, relationships and active citizenship.

WHO

Young people, peer groups and youth workers

HOW

10 practical actions, tested together



Project aim

Healthier technology use through connection, creativity and shared experience

Created through collaboration between youth teams from Romania, Serbia, Türkiye and North Macedonia, the project helps participants recognise digital dependence and regain control of their attention. It replaces passive screen time with face-to-face connection, creative activity and community participation, while building emotional wellbeing, confidence and a stronger sense of belonging.

4 COUNTRIES
1 SHARED GOAL

Why action matters now

Phone overuse already affects focus, sleep, mood and real-life relationships. The longer these habits continue, the harder they become to change.

A reset creates benefits quickly: more time for movement, conversation and purposeful activities. Acting now helps young people protect their wellbeing, rebuild confidence and develop routines that support long-term growth.

The 10-step roadmap

1 Join a group

2 Explore together

3 Peer support

4 Daily movement

5 Erasmus+ exchange

6 Quality time

7 Small habits

8 Real interaction

9 Hands-on hobbies

10 Phone-free zones

1 Join a community group

Join a local youth centre, club, NGO or community initiative where you can contribute your time and skills. Regular participation gives you purpose, introduces you to supportive people and replaces boredom-driven scrolling with shared experiences. Showing up consistently also strengthens communication, teamwork and active citizenship.

ACTION Find one local group and attend its next activity.



2 Explore new interests

Choose an activity you have been curious about, such as sport, dance, art, cooking, nature walks, coding or language exchange, and explore it with other people. Shared learning keeps you active, motivated and present. Your phone becomes a useful tool for organising or learning, rather than the centre of the experience.

ACTION Choose one interest and plan a shared activity this week.



3 Support each other

Invite friends or family to set clear limits together, such as no scrolling during meals, study sessions or conversations. Check in regularly, celebrate progress and respond to setbacks without blame. A shared commitment makes change easier, creates accountability and strengthens trust.

ACTION Agree on one shared phone rule and review it together.



4 Move every day

Choose movement you genuinely enjoy and make it part of the day, even for 10 to 20 minutes. Walking, dancing, stretching, running or team sports can lift mood, reduce stress and interrupt automatic phone checking. Regular movement also supports sleep, energy and concentration.

ACTION Schedule 10 to 20 minutes of movement today.



5

Join an international youth programme

Look for Erasmus+ exchanges, training courses or youth mobility programmes that match your interests. These experiences bring together different cultures, build friendships and develop practical skills through active participation. A full programme naturally reduces passive screen time while expanding confidence, independence and intercultural understanding.

ACTION Find one Erasmus+ opportunity that matches your interests.



6 Make time for people

Plan simple activities with family and friends where everyone can be fully present, such as cooking, taking a walk, playing a game or talking over coffee. Limiting phone use during these moments improves listening, deepens trust and reminds us that real conversation can offer more comfort than endless scrolling.

ACTION Schedule one phone-light activity with people you value.



7 Build habits gradually

Start with one realistic change, such as ten phone-free minutes after waking, keeping the phone away during study time or muting one distracting app. Repeat it until it feels automatic, then add another small step. Gradual progress is easier to sustain and turns intention into a lasting routine.

PRINCIPLE Make one change automatic before adding the next.



8 Choose real interaction

Choose activities that require people to participate together, such as team sports, workshops, group projects, volunteering or shared hobbies. Face-to-face involvement keeps attention in the room, develops confidence and communication, and creates deeper friendships than passive online interaction.

ACTION Pick one shared activity that requires real participation.



9 Create beyond the screen

Choose a hobby that keeps your mind focused and your hands active, such as music, painting, cooking, gardening, photography, crafting or cycling. Making something tangible replaces passive consumption with creativity. It also builds confidence, patience and the satisfaction of visible progress.

ACTION Choose one hobby and give it 30 focused minutes this week.



10

Create phone-free zones

Agree on places and moments where devices stay out of reach, such as meals, meetings, study sessions or social gatherings. Use a phone basket, airplane mode or a shared rule. Phone-free zones protect attention, make conversations deeper and help everyone feel respected and included.

ACTION Choose one shared phone-free zone today and protect it together.





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Step away from screens Reconnect with life

Choose one small step today.

