



DIGI
EDU
HACK
2025

DIGIEDUHACK SOLUTION CANVAS

SOLUTION TITLE:

DigiDetox+ "Unplug to engage"

CHALLENGE ADDRESSED:

Protect Your Mind and Digital World: Self-Care and Online Safety

ABOUT THE TEAM:

(you may select multiple options)

☒ Higher education scholars,

☒ Educators

☐ Others (Specify)

TEAM NAME:

MindTech

CHALLENGE CATEGORY:

Well-being in digital education

☐ Researchers

☐ Professionals

SOLUTION DESCRIPTION

DigiDetox+ is an all-encompassing technological solution that includes a mobile application designed for teenagers aged 12 to 17 and a web extension for parents or guardians, with the objective of fostering balanced technology usage and enhancing emotional well-being.

The application monitors screen time and employs artificial intelligence to identify patterns of excessive use, issuing intelligent alerts that promote active breaks, relaxation exercises, or physical challenges. These activities are gamified, enabling users to accumulate points and achievements for sustaining healthy habits. Concurrently, the web extension provides parents with a discreet educational dashboard, allowing them to oversee the process and access recommendations on digital literacy.

Key technologies include integration with health and productivity applications (steps, sleep, activity), adaptive artificial intelligence for personalized alerts, and an educational gamification framework.

Implementation:

Phase 1: Validation of the design with adolescents and their parents.

Phase 2: Development of the Minimum Viable Prototype (MVP).

Phase 3: School pilot to assess the impact on well-being and digital behaviors.

Phase 4: Institutional expansion through educational partnerships.

Educational contribution: DigiDetox+ can be incorporated into school curricula focused on digital citizenship or socio-emotional learning, assisting students in managing their screen time and enhancing their emotional self-regulation, while parents and educators support the process through instruction and dialogue.

Measuring success: Success will be evaluated through indicators such as a reduction in average screen time (target: 15–25%) and the completion of disconnection challenges (≥60%). Data will be gathered from the app and pre- and post-pilot surveys, illustrating that DigiDetox+ fosters a positive transformation in the digital habits and emotional well-being of adolescents.

VIDEO



PROTOTYPE



CONTEXT

In South America, excessive screen time among adolescents has emerged as an escalating public health concern. In Brazil, 57.3% of individuals aged 12 to 17 engage in more than two hours of screen time daily outside of school hours, a behavior linked to diminished sleep quality and a sedentary lifestyle (Figueiredo et al., 2018).

In Colombia, around 70% of adolescents engage in excessive recreational screen time, adversely affecting their physical activity and mental health (Ramírez-Vélez et al., 2022). Likewise, in Argentina, 71% of young individuals report experiencing daytime sleepiness, while 41% exhibit poor academic performance, both linked to extended use of electronic devices (Pérez-Chada et al., 2023). These findings illustrate a regional trend of digital overexposure with direct repercussions for the mental health and emotional well-being of youth.

In this context, DigiDetox+ – “Disconnect to Reconnect” – aligns with DigiEduHack 2025, incorporating AI, gamification, and emotional education to foster the mindful use of technology. This initiative brings together students, families, and schools to cultivate healthy digital habits that enhance self-regulation, mental well-being, and family dynamics.

TARGET GROUP

DigiDetox+'s primary audience comprises teenagers and pre-teens aged 12 to 17, a highly interconnected generation confronting issues such as digital fatigue, technology-related stress, and diminished concentration resulting from extended screen time. Additionally, it addresses parents and guardians who must maneuver through this evolving digital landscape while respecting their teenagers' autonomy.

The application seeks to direct users towards a more balanced and mindful engagement with technology, enhancing their self-discipline, emotional health, and digital literacy. To accomplish this, it incorporates interactive activities, gamified challenges, and personalized suggestions driven by artificial intelligence, resulting in an engaging and informative experience.

The secondary audience comprises parents and guardians, essential contributors to fostering young individuals' digital growth. Through an educational web extension, they will gain access to general usage metrics, monitor progress in challenges, and receive communication recommendations and family strategies that encourage healthy technology habits without employing intrusive control.

The proposal addresses an urgent and contemporary need: to educate adolescents both emotionally and digitally in an environment where screens are integral to their daily existence.

To enhance adoption, DigiDetox+ will be executed via school pilot programs, participatory workshops, and family digital wellbeing initiatives. These efforts will promote co-creation with users, ensuring the tool develops in alignment with their realities, motivations, and daily challenges.

IMPACT

DigiDetox+ seeks to revolutionize digital education by fostering a significant transition towards training centered on well-being, self-regulation, and the mindful use of technology. Its application in both school and home settings will empower young individuals to comprehend the effects of excessive screen time, develop skills to manage their time and emotions, and enhance their concentration, rest, and self-discipline.

On a societal level, the solution will foster a healthier and more balanced digital culture, enhancing communication between parents and children while mitigating technological dependence. Additionally, by promoting active breaks and screen-free activities, it supports a more sustainable lifestyle by reducing energy consumption and encouraging a reconnection with the physical and social environment.

The influence of DigiDetox+ is evident in narratives such as that of Valeria, a 15-year-old student who previously spent over six hours daily on her phone, suffering from eye strain and persistent distractions. With the assistance of the app, she now receives reminders for brief breaks, breathing exercises, and tailored physical challenges. Within a few weeks, Valeria has decreased her screen time by 30%, enhanced her focus during study sessions, and embraced healthier practices, including taking walks and disconnecting before bedtime.

Meanwhile, their parents, utilizing the DigiDetox+ web extension, monitor their progress, celebrate their accomplishments, and foster constructive discussions regarding digital wellbeing within the household.

Overall, DigiDetox+ not only imparts knowledge but also facilitates transformation: it cultivates a more aware and self-sufficient generation adept at coexisting with technology in a balanced manner.

DESCRIBE IT IN A TWEET

DigiDetox+ aspires to cultivate a digitally aware generation. This comprehensive, AI-driven application instructs teenagers on how to disconnect without imposing restrictions, fostering self-regulation through active breaks, challenges, and rewards that enhance digital health and well-being.

INNOVATIVENESS

DigiDetox+ is an innovative platform that integrates artificial intelligence, emotional gamification, and educational support for parents. Unlike applications that merely restrict screen time, it empowers teenagers to self-regulate their digital behavior through challenges and rewards that foster well-being. Its web extension for parents promotes empathetic engagement through non-intrusive metrics and educational resources. In contrast to tools such as Google Family Link or Forest, DigiDetox+ distinguishes itself with its preventative, educational, and emotional approach, specifically designed for the Latin American context. Consequently, it transforms digital detoxification into a learning experience, enhancing self-control, mental health, and familial connections.

TRANSFERABILITY

DigiDetox+ is a versatile solution applicable across diverse educational and learning environments. Its emphasis on digital wellbeing, self-regulation, and emotional intelligence facilitates its integration within schools, universities, corporate settings, and government initiatives aimed at promoting the health and education of children and adolescents. The program's features, including monitoring, gamification, and active breaks, can be tailored to suit each specific audience. For instance, it may be incorporated into school digital citizenship curricula, university student wellbeing programs, or workplace strategies to mitigate digital fatigue. With its adaptable and pedagogical design, DigiDetox+ extends beyond the classroom, serving as an invaluable resource for enhancing the relationship with technology in any educational or personal development context.

SUSTAINABILITY

Once the prototype is validated, DigiDetox+ will advance its development through pilot programs in schools and educational communities, gathering data to enhance the user experience and refine the AI algorithm. In the medium term, it will be integrated into institutional digital wellbeing programs and partnerships with educational institutions and universities, broadening its regional influence. In the long term, efforts will be made to establish collaborations with ministries, NGOs, and technology firms to facilitate large-scale adoption. Its freemium model, featuring both educational and premium versions, will ensure economic sustainability, while its adaptable architecture will enable the solution to be replicated across various countries, thereby maintaining its impact on fostering healthy and sustainable digital education.

TEAM WORK

We are a multidisciplinary team consisting of Facundo Maco (Computer Science), Sheyla Mallico (Systems Engineering), Claudia Maldonado (Business Administration and Marketing), and Glenn Mamani (Industrial Engineering), all students at the Peruvian University of Applied Sciences (UPC), alongside our mentor, Miguel Ángel Peralta, a business specialist. The synergy of our technical, strategic, and managerial expertise enables us to approach DigiDetox+ from a comprehensive perspective. Facundo and Sheyla spearhead technological development and AI integration; Claudia oversees communication, marketing, and user engagement; while Glenn manages the project's planning, sustainability, and educational impact. Under our mentor's guidance, we are enhancing the business model and its scalability. We have collaborated from ideation to validation, fostering a dynamic rooted in empathy, innovation, and a shared vision to further develop DigiDetox+ as a digital wellness tool for youth in Latin America.