

SCREEN TIME SURVEY



To be tech smart and savvy, it's important that you pay attention to *how* you're using your devices, and *how often* you're using them.

Answer the questions in this survey to reflect on how technology is affecting your life.

DO YOU USE TECH TOO MUCH?

Yes No

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I check my phone every few minutes. |
| <input type="checkbox"/> | <input type="checkbox"/> | I often get anxious or angry if I can't use my phone and other devices. |
| <input type="checkbox"/> | <input type="checkbox"/> | Once I start playing video games, I have a hard time stopping. |
| <input type="checkbox"/> | <input type="checkbox"/> | I check my social media page(s) all the time. |
| <input type="checkbox"/> | <input type="checkbox"/> | I often stay up too late using my phone, playing video games, or watching videos. |
| <input type="checkbox"/> | <input type="checkbox"/> | I text while others are talking to me. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel anxious or upset when my phone or tablet battery is low. |
| <input type="checkbox"/> | <input type="checkbox"/> | I check the same apps over and over again. |
| <input type="checkbox"/> | <input type="checkbox"/> | I often use my phone when I'm not supposed to. |
| <input type="checkbox"/> | <input type="checkbox"/> | Family members hassle me about being on my phone too much. |

Give yourself 1 point for every Yes. YOUR SCORE _____

0-3 points: Not bad – stay tech smart.

4-5 points: Hmm...you should really try to reduce your tech use.

6-10 points: Your tech habits are likely negatively impacting your life. Think about how you can change and be more present in the real world.

Are you tech smart and safe?

Yes No

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever sent or shared inappropriate photos or messages? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever posted something you wouldn't want your parents, teachers, or future employers to see? |
| <input type="checkbox"/> | <input type="checkbox"/> | Has social media ever gotten you in trouble with friends or family? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you ever text or message back and forth with someone you don't know? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you visit websites that contain inappropriate content? |

If you answered yes to any of the above, try to think about how you can be smarter and safer with your devices.

Tips for being tech smart

- ▶ Take time to unplug! Put your phone away during meals and family time.
- ▶ Never send or share inappropriate photos of yourself or another. You could be breaking the law.
- ▶ Put your phone away an hour before you go to bed. (The light from a bright screen can make it difficult for your brain to wind down.)
- ▶ Don't post anything embarrassing, hurtful, or in poor taste. Remember, online means **forever**, and things get out.

Enjoy your technology, use it responsibly, think before you send, and as often as you can—look up from your screens. The greatest moments of your life will be experienced in the real world.