

How is Your Technology Use Affecting You?

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|---|------------------------------|-----------------------------|
| 1. Do you become frustrated or grumpy when you don't have your device? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2. Do you spend numerous hours online? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3. Do you avoid doing other activities because you'd rather be on your device than do something else you enjoy? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4. Do you use your device right before bed? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 5. Do you often stay up too late because you are on your device? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 6. Do you avoid face-to-face interactions because you prefer to be with your online community or talking to your friends on apps? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 7. Do you fear you may miss out on a message or something important if you're not on your device? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 8. Do you have a difficult time parting from your device? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 9. Do you hop on your device first thing in the morning? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 10. When you are doing something with friends or family, are you on your device? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

Total Yes's: _____ **Total No's:** _____

11. How much time do you spend online each day?
- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 4+ hours

12. What is the average daily time you spend on your phone?
- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 4+ hours

13. What apps do you use most often? _____

14. How much daily time do you spend on these apps?
- ☐ Less than 1 hour ☐ 1-2 hours ☐ 3-4 hours ☐ 4+ hours

15. What day(s) do you spend the most time online?
- ☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

16. What times of day do you use your device most often?
- ☐ Morning ☐ Midday ☐ Afternoon ☐ Evening

Your device has features to help you determine the data you use through the phone settings. If you aren't sure where to find this information, you can look up videos or information online specific to your device or, better yet, take your best guess about how much time you are spending on your phone.

RESULTS

Questions 1-10: If you answered "yes" to more of these questions than you did "no," you may be experiencing an overreliance on your device.

Questions 11-16: Looking at patterns of use for your favorite apps, what are some steps you can take to be more intentional about your screen time? _____