

Screen Time Survey

We live in a time of constant sensory input. Screens play a large role in our lives.

1- What do you use screens for? Check all that apply.

- Playing games—on devices or TVs (Yes, even educational games 😊)
- Looking at or posting on social media (Facebook, Instagram, Twitter, Snapchat, etc.)
- Texting/Messaging/Face Time/Google Hangouts/Marco Pollo/Skype/talking on the phone
- Looking up or watching News/weather
- Watching Sports/Movies/TV Shows/YouTube
- Religious Study
- Listening to music
- Searching for ideas and answers or searching Pinterest
- Doing homework
- Shopping -> buying or searching for the deal
- Reading novels on a screen
- Learning a language or skill

2- If you were asked to get on a screen with the intent to do good for 30 minutes, what would you do?

3- What limits does your family set for screen time?

4- What limits have you set for yourself on screen time?

5- What is your favorite app? Why?

6- List a couple apps you'd recommend to others.

7- What is your favorite "Screen Time" game on a handheld device or TV? What is your second favorite game?

8- What most draws you into social media? -You know the thing that keeps you on way longer than you intended?

9- What is the most intriguing thing you have looked up on the internet lately?

10- What type of screen time do you think is most addicting?

11- When someone speaks to you and you are looking at a screen, do you...

A- Glance up from the screen for a moment and then look back at the screen

B- Look at the person the whole time they are talking

C- Something in between choice A and B

12- If you had ten minutes of waiting time and had a device in your hand, what would you do on it?

13- What would you suggest to your family members as a way to be in control of screens and not have screens in control of them?

14- How do your friends waste time on screens? What would you love to teach your friends about screen time usage?

15- What could your family do for fun with no screens?

16- How could you relax without a screen?

17- Now go back to the first question and guess how much time you spend on each screen type per week.

18- What are a couple things you'd like to change in the way you use screens?

19- Is there a new goal you'd like to set involving screen usage? What is it?