

Digital Technology Use Survey

Do you own social media or does social media own you?



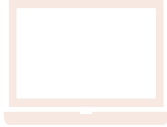
How many hours a day do you look at a screen (think computers, tablets, phones, gaming systems, etc)?

Total Hours:



How many hours do you sleep do you get each night?

Total Hours:



How many hours a day do your parents think that you are online a day?

Total Hours:



How do each of your choice technologies compare? Rank them in order of most time to least time. *Example: Phone-5 hours, Computer-2 hours, t.v.-2 hours, gaming system- 1 hour)*

1= Eh, not even on it
10= Snapchat and Facebook are my life



On a scale from 1-10, how important is social media to you?

Explain:

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Everyone has their favorites. What are the social media apps that you use the most? What is it about them that you like?

List those faves!



How are you most likely to communicate?

- Iming: _____ %
- Social Media: _____ %
- Email : _____ %
- Video Chat: _____ %
- Video Games: _____ %
- Messaging Apps: _____ %
- Other: _____ %
- Other: _____ %



When you are studying which of the following do you do?

- _____ Listen to music
- _____ Text
- _____ Watch TV
- _____ Social Media

Do you think it impacts your productivity?

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Adults seem crazy bent out of shape about how much teens are online.
Why do you think that is?

Do you think it is worrying how much teens are online? Why or why not?