Screen-Time Addiction Questionnaire For All Ages
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adapted from a questionnaire at www.zonein.ca

_____ 1. I can't imagine going anywhere without my mobile device.
_____ 2. Screen-time isn't as much fun as it used to be; but I'm still on it.
_____ 3. I'm often at my screen for longer than I intended.
_____ 4. I've tried to decrease my screen-time, but I can't.
_____ 5. Screen-time takes up almost all of my free time.
_____ 6. Sometimes I'm online when I'd really prefer to hang out with family or friends, do homework or go to bed.
_____ 7. I have more screen time than is good for me.

Total number of yesses: _____

Three or more "yesses" signals you likely have a screen-time addiction.

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Screen-Time Reduction Commitment

I, _____________________________, recognize that using an electronic device is a privilege, not a right. I admit that overusing electronic devices harms my health. For my health and my family's health, I commit to:
1. reducing my screen-time from ____ hours per day to _________ per day.
2. balancing my screen-time with (circle what applies): growing vegetables and flowers; making soup or pickles; composting kitchen scraps; hiking, biking or playing sports; creating a book of old family photos; writing poems, songs or plays; designing clothes; making a quilt from worn out clothes, cleaning a closet or _________________________________.
3. talking twice a week for one month with a friend or relative who also aims to reduce their screen-time. We'll share our difficulties and ideas for staying with our commitment.

For more info on tech addiction, see Dr. Nicholas Kardaris' Glow Kids; Cris Rowan's webinar series at www.zonein.ca; and child psychiatrist Dr. Victoria Dunckley's www.resetyourchildsbrain.com