

Screen-Time Addiction Questionnaire For All Ages

by Katie Singer * www.electronicssilentspring.com

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.

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