



SCREEN SANITY™

ADULT DIGITAL HEALTH DISCUSSION TOOL

1 How long do you spend on social media sites, video games, and/or apps in a given day?

- 1-2 hours a day
- 2-4 hours a day
- 4-6 hours a day
- 6+ hours a day

2 What are the top 5 social media sites, video games, and/or apps you regularly use?

3 Does viewing social media seem to increase or decrease your self confidence? Why?

4 What boundaries do you have in place for children and their technology/gaming use?

5 Do you think you use social media/technology/games too much?

- Yes No

6 Do you choose screen time over previously enjoyed activities?

- Yes No

7 Do you have conflicts with your children about screen time or apps they can use?

- Yes No

8 Do you use your phone in the middle of the night, or wake up from sleeping to answer notifications/texts/etc?

- Yes No

9 Do you feel confident setting limits with tech in your home?

- Yes No

10 Would you be interested in learning about setting boundaries/limits with technology use for yourself or children in the home?

- Yes No