



SCREEN SANITY

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

Yes

No

5 Do you choose screen time over previously enjoyed activities?

Yes

No

6 Do you have conflicts with your parents/guardians about screen time or apps you can use?

Yes

No

7 Do you have your phone by/on your bed when you sleep?

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 Has a friend ever confided in you through technology/social media that they are contemplating suicide or harming themselves?

Yes

No

10 Have you ever experienced cyberbullying, sexting, or an online user asking to have sexual relations with you?

Yes

No