

What do children and young people think about screen time?

1) How much time (hours) per day do you spend in front of a screen?



7) What is your top tip for someone else about using screen time?

Be careful and control how much time you spend on a screen

Don't get addicted

Find a balance and make sure your health always comes first

Positives about screen time:

- Gives you knowledge
- It's entertaining and enjoyable
- Provides you with more opportunities to reach a wider community

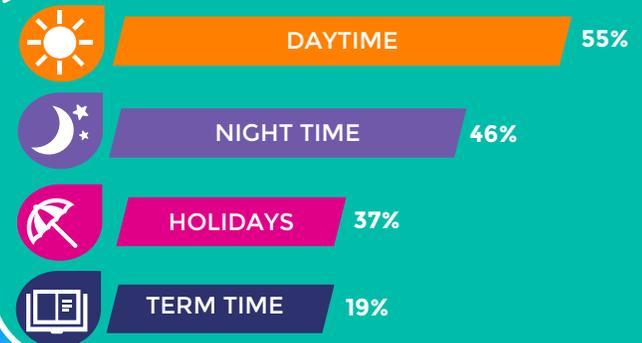
Negatives about screen time:

- Hurts your eyes & stresses you out
- Keeps you awake
- Loss of social connection

2) How do you use your screen time? Rank below 1-8 (1 being the most and 8 being the least)

- 1 Mobile phones
- 2 Watching videos
- 3 Internet browsing
- 4 Keeping in touch with family/friends
- 5 Listening to music
- 6 School work
- 7 Watching films
- 8 Email and chat

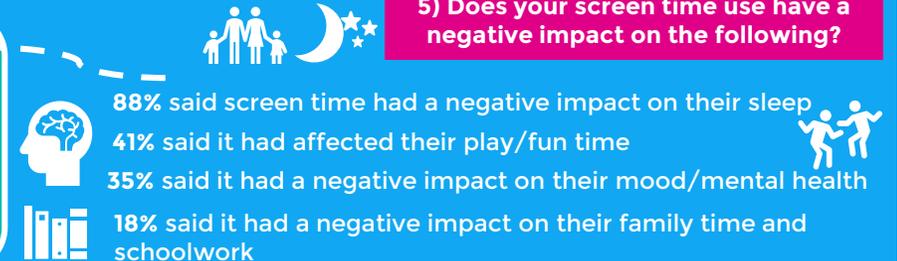
3) When do you spend most of your time in front of a screen?



4) If you have chosen 'night time', how much time do you spend on your screen before falling asleep?



5) Does your screen time use have a negative impact on the following?



6) Have you experienced any bullying online?

