



### **Assessing My Child's Screen Engagement: Could My Child Be Addicted to Technology?**

Instructions: 1. Use one quiz for each child, 2. For each question, select the response that best describes your child's behavior and your feelings, and 3. Add up your scores at the end to see where your child falls on the addiction spectrum.

1. How often does your child become upset or irritable when unable to use their devices?
  - Never
  - Rarely
  - Occasionally
  - Frequently
  - Almost always
2. Does your child prefer using screens over spending time with family/friends, or participating in other activities?
  - Never
  - Rarely
  - Occasionally
  - Frequently
  - Almost always
3. When told it's time to stop using devices, how does your child typically react?
  - Accepts it without fuss
  - Complains but eventually stops
  - Negotiates or tries to delay stopping
  - Throws a tantrum or argues
  - Refuses to stop, regardless of consequences
4. Does your child ignore your instructions and/or neglect household chores or homework to use screens?
  - Never
  - Rarely
  - Occasionally
  - Frequently
  - Almost always
5. How often does your child use screens longer than you originally intended?
  - Never
  - Rarely
  - Occasionally
  - Frequently
  - Almost always
6. Does your child seem restless or agitated when not using screens?
  - Never
  - Rarely
  - Occasionally
  - Frequently
  - Almost always





7. How concerned are you about the amount of time your child spends on screens?
  - Not concerned at all
  - Somewhat concerned
  - Moderately concerned
  - Very concerned
  - Extremely concerned
8. Does your child's screen use interfere with their sleep, causing them to stay up late or wake up tired?
  - Never
  - Rarely
  - Occasionally
  - Frequently
  - Almost always
9. Does your child withdraw from family activities or events in order to use screens?
  - Never
  - Rarely
  - Occasionally
  - Frequently
  - Almost always
10. How successful do you feel in managing and setting limits on your child's screen time?
  - Not successful at all
  - Somewhat successful
  - Moderately successful
  - Very successful
  - Extremely successful

**Scoring:**

Assign points based on responses:

Never	Accepts	Not concerned at all	Extremely successful	0 points
Rarely	Complains	Somewhat concerned	Very successful	1 point
Occasionally	Negotiates	Moderately concerned	Moderately successful	2 points
Frequently	Throws tantrum	Very concerned	Somewhat successful	3 points
Almost always	Refuses to stop	Extremely concerned	Not successful at all	5 points

**Interpreting Scores:**

0-10 points - Low risk of technology addiction, 11-20 points - Moderate risk of technology addiction, 21-30 points - High risk of technology addiction, 31-40 points - Severe risk of technology addiction

**Explanation:**

This quiz helps assess your child's technology use behaviors. Higher scores may indicate a greater need to monitor and manage screen time. Consider adjusting screen time limits and encouraging alternative activities to promote healthy habits. Use the QR code below to register for "Family, Unplugged," and equip yourself with strategies for managing screen time effectively. If - despite consistent implementation of strategies gained in "Family, Unplugged"- concerns persist, seeking professional guidance for further evaluation and support is recommended.

