

How Connected Are You?

I use the following technology at home or school (select all that apply):

- Phone (flip phone for phone calls or texting) E-reader (Nook, Kindle, etc.)
 Smartphone (iPhone, Android, etc.) Laptop computer
 Portable digital device (iPod, etc.) Desktop computer
 Tablet (iPad, Kindle Fire, Android tablet, Nabi tablet, etc.) Gaming console (Xbox, PlayStation, Wii, etc.)
 Portable gaming device (Nintendo DS, PlayStation Portable/Vita, NVIDIA Shield, Razer, etc.)

My favorite way to use the technology listed above is: _____

I use the following on a regular basis (Place a "✓" next to those you use):

- Text messaging
 Email account
 Video chat
 Social networking (Instagram, Facebook, etc.)
 Online gaming (websites, gaming consoles, apps, etc.)

On a typical day, I send _____ text/direct messages and receive _____ text/direct messages.

On average, I spend _____ hours/day on technology.

On a typical school night, I stay up past the following time using technology (Choose one):

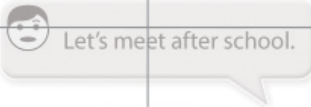
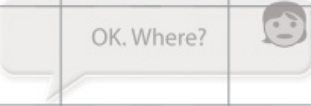
- After 9 p.m. After 10 p.m. After 11 p.m. After midnight

Circle Yes or No in response to the following statements:

- Yes No I have lost track of time while online.
Yes No I feel comfortable turning off technology at night.
Yes No Technology has interrupted my sleep.
Yes No Technology has interrupted my time with friends or family.
Yes No I have arrived at school tired because of my technology use.
Yes No I have walked into someone because I was using technology.
Yes No I have ignored someone because I was preoccupied with technology.
Yes No I have had an experience on technology that resulted in an argument with someone.
Yes No I have had an experience on technology that made me afraid or uncomfortable.
Yes No I have had an experience on technology that ended a friendship with someone.
Yes No I have had an experience on technology that caused a problem with my parents/guardians.



Indicate your preferred method of communication with the following individuals (if applicable):

	Parent/ Guardian	Siblings	Friends/ Classmates	Relatives	Trusted Adults (Mentor/Coach)
Text					
Email					
Call on Cell Phone					
Landline (Not Cell Phone)					
Face to Face					
Social Networking App (Instagram, Snapchat, etc.)					

I could be better prepared for school or after-school activities if I made the following changes to my technology use:

Online manners that help me get along with my friends while we are online include:

Online manners that prevent me from ignoring others include:

Online rules that help keep me safe include:
