

# 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.)

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.

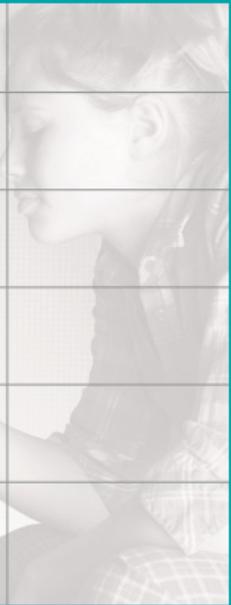
On average, I spend  hours/day on technology.

I keep my cell phone in my bedroom at night.  Yes  No

Circle Yes or No in response to the following statements:

- Yes    No    I have lost track of time while online.  
Yes    No    Technology has interrupted my sleep.  
Yes    No    I have arrived at school tired because of technology.  
Yes    No    I find myself distracted by social media while at school.  
Yes    No    I have physically 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 ended a friendship or relationship 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	Friend	Significant Other	Employer
Text				
Email				
Call on Cell Phone				
Landline (Not Cell Phone)				
Face to Face				
Social Networking App (Instagram, Snapchat, etc.)				

What are the most significant positive and negative effects technology has had on you?

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What changes, if any, would you make with your technology use?

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What changes do you wish your peers would make with their technology use?

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