

Talking Digital – questionnaire for young people

Let's talk about your phone use at school or at youth facilities! Complete the questionnaire so that both the young person and the professional (from the school or youth facility) can see the questions. Your responses affect the progress of the questionnaire, so fill in the responses carefully.

First, a question for the professional

1.

Professional: enter the young person's initials and class (if you are taking the questionnaire at school).

For example: K.J., 7b. In this way, you can keep track of everyone's answers and you can send the teenager their responses to the questionnaire.

The next questions are for the young person. Firstly: How are you?

2.

How are you and what do you like to do?



Now, let's talk about your phone habits

3.

Can we talk about your phone use?
Let's look at your screen time.

According to your phone's statistics, what is your screen time?

Where can I find my screen time?

iPhone: Settings -> Screen Time -> All App & Website Activity, -> tap Week -> you can see your weekly screen time by selecting Week. To see your statistics from last week, scroll right.

Android: Settings -> Digital wellbeing and parental controls

The app may work slightly differently depending on which Android device brand you have. Android phones show a dashboard with a summary of your screen time. You can also set a daily screen time goal.

4.

Let's look at how your screen time is distributed. What do you spend your time on?

Tick everything on the list on the right that you spend time on.

The next questions will be depend on the answer s to this question.

- Listening to music or podcasts etc.
- Digital games
- Browsing social media (e.g. TikTok or Instagram)
- Messaging (e.g. Snapchat, Instagram, WhatsApp etc.)
- Browsing the internet
- Other



4a. If you answered **Listening to music or podcasts etc.** -> answer the following question:

You like to listen to music or podcasts. Do you do something else while you're listening? What's that?

4b. If you answered **Digital games** -> answer the following question:

You play games on your phone. What do you play and when? Do you play while on the bus, in class, etc.?

4c. If you answered **Browsing social media (e.g. TikTok or Instagram) OR Browsing the internet** -> answer the following question:

Do you browse social media feeds and/or websites? What kind of enjoyment do you get from them? Is there content that makes you feel bad?

4d. If you answered **Messaging** (e.g. Snapchat, Instagram, WhatsApp) -> answer the following question:

What applications do you use for messaging and who do you chat with?

4e. If you answered **Other social media** -> answer the following question:

What do you do on social media? What do you find fun and what do you find unpleasant about social media use?

4f. If you answered **Other** -> answer the following question:

What else do you do on your phone?



How about gaming on other devices?

5.

Do you play games other than on your phone?
What do you play and with whom?

Downsides of the internet

6.

Have you encountered bullying online?

- Yes
- No
- I don't know

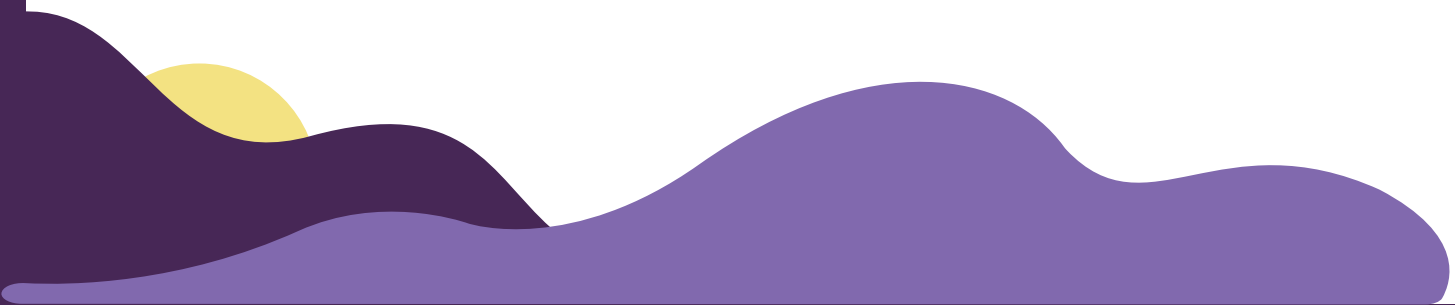
Cyberbullying includes mocking someone else or excluding from a group. There are many different forms of bullying.

7.

Have you encountered harassment online?

- Yes
- No
- I don't know

Harassment could involve sending sexual or otherwise inappropriate pictures without consent or making a fake profile pretending to be someone else. There are many different forms of harassment, and sexually motivated harassment is just one facet of it.



Balance of phone usage

8.

Have you tried to quit/decrease using your phone or playing games on your phone but have not been successful?

- Yes
 No

If you answered **YES** to the previous question:
In what situations have you tried to reduce/stop using or playing on your phone?

9.

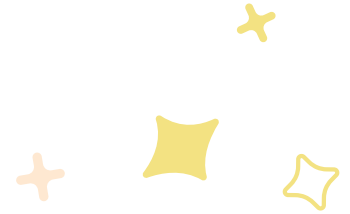
Do you sometimes feel like you have to be online because everyone else is?

- Yes
 No

If you answered **YES** to the previous question:
What makes you feel that you have to be online? For example, how do your friends react if you don't reply to messages quickly?



Sleep



10.

At what time do you go to bed? When is your phone's bedtime?

How do you talk about this at home?

11.

Have you talked about digital device use at home? Do you have rules or agreements for using digital devices? If so, what?

Do you want to change something about your phone use?

12.

Are there things you would like to do more on digital devices?

- Yes
- No
- I don't know



13.

Would you like to spend more time on something important to you, but you don't seem to have the time?

- Yes
- No
- I don't know

If you answered **YES** or **MAYBE** to the previous question -> answer the following question:

What would help you do more of the thing(s) you like to do?

14.

Think about ways you can change how you use your phone and write them down.

For example: Things I can do:

1. Find in my phone's settings how to set a time limit for Snapchat.
2. I suggest a phone park at home.

I need help: chatting with friends.



Thank you for taking this questionnaire!

I hope you had a good conversation!

You can continue the discussion and fill in the **Talking Digital - Putting Goals into Practice form.**



PAUSE

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