

QUIZ

**ARE  
YOUR  
HOOKED  
ON TECH?**

**PAUSE**

## OBJECTIVE:

The goal of this activity is to make young people aware of their relationship with screens.

## REQUIRED MATERIALS:

- One questionnaire per person
- One challenge sheet per person

## HOW IT WORKS:

- The teacher or activity leader hands out a questionnaire to every student so they can circle their answers. The questions can be read aloud by the person in charge or students can fill out their questionnaire independently.
- Once the questions are answered, each student adds up their score.
- The teacher or activity leader then opens a discussion about the activity and encourages exchanges by asking students questions related to their scores and by making them participate.
- The teacher or activity leader then hands out a challenge sheet to each student and suggests that they complete at least one.
- They then end the exercise by explaining that balanced screen use means being able to have fulfilling offline activities and that screens can have a positive impact in their lives.

## REVIEW OF THE ACTIVITY (SUGGESTED QUESTIONS):

01. Did your result surprise you?
02. (Whether yes or no) What surprised you?
03. What impact do you think your screen use has on your life (for example, on your studies, health, relationships with your friends and family)?
04. Can you share a situation where you think you could have managed your screen use differently, which would have allowed you to avoid a conflict or a fight?

1

**How bad is the itch to check your phone when you get a notification?**

Not at all	0 pts
A little	1 pt
I feel the itch	2 pts
Itch? I'm on fire!	3 pts

2

**Your reaction when you find out you won't have Internet access for 24 h?**

It's the end of the world	3 pts
@&#&!&	2 pts
Seriously??	1 pt
Chill	0 pts

3

**Do you often scroll out of habit, without really being interested in the content?**

Never	0 pts
Sometimes	1 pt
Often	2 pts
I'd rather not think about it	3 pts

4

**What are the chances you'll wait for a friend in a public place without touching your phone?**

Impossible	3 pts
Unlikely	2 pts
Likely	1 pt
Certain	0 pts

5

**Are you often exhausted because you stayed up in front of your screen until 2 a.m.?**

Never	0 pts
Sometimes	1 pt
Often	2 pts
I'd rather not think about it	3 pts

6

**Your mood after scrolling on Instagram for an hour?**

Relaxed	0 pts
Lost	1 pt
Annoyed	2 pts
Depressed	3 pts

7

**True or false?  
(1 point for every true answer)**

Sometimes I miss out on moments because I'm always on my phone.	TRUE (1 point)	FALSE (0 points)
I keep my phone within reach when I eat with friends.	TRUE (1 point)	FALSE (0 points)
I automatically turn on my game console or I binge-watch when I feel lonely.	TRUE (1 point)	FALSE (0 points)
I constantly check my phone, even if I don't have any messages or notifications.	TRUE (1 point)	FALSE (0 points)
I often justify the hours spent in front of a screen by telling myself I need to relax.	TRUE (1 point)	FALSE (0 points)

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8

**Are you often late because you wanted to finish your game?**

Never	0 pts
Sometimes	1 pt
Often	2 pts
I'd rather not think about it	3 pts

9

**Do you often check your phone when someone's talking to you?**

Never	0 pts
Sometimes	1 pt
Often	2 pts
Much too often	3 pts

10

**What's your relationship with your phone?**

Total friendzone	0 pts
Open relationship	1 pt
In a relationship	2 pts
Co-dependent	3 pts

**SCORE**

=



## FROM 0 TO 11

### Consciously connected

Being constantly connected? No thanks. You're probably the one who reminds your friends to put their phones down and just enjoy what's happening right now. We might be wrong, but you have a balanced relationship with screens. You enjoy the advantages of technology without it affecting your life. All we can do is encourage you to keep focusing on quality moments! Namaste!

## FROM 12 TO 20

### Unplugged when you feel like it

You're clear on the fact that you spend quite a bit of time in front of screens, but you still sometimes ditch your friends to binge-watch a new show. The idea of spending a weekend without Wi-Fi is as frustrating as it is... comforting. We might be wrong, but your relationship with screens is a little ambiguous. You're not hooked, but it's not always easy to unplug. The important thing is that you're aware of it and still able to spend time on the things that really matter.

## FROM 21 TO 32

### Hyper-connected

You end up in front of a screen too often without a specific goal, just out of habit. You're connected as soon as you wake up, and you don't unplug until late at night. We might be wrong, but you're most likely the type to interrupt a friend to text or spend a solid two hours on YouTube when you just wanted to check the weather. The important thing is to stay in control to avoid missing out on quality moments. We're not judging, we're just reminding you that it feels good to unplug.

# 10 CHALLENGES

## FOR A BETTER RELATIONSHIP WITH TECHNOLOGY

### 01

#### Recharge your batteries

Turn off all your screens one hour before bed. Side effects include a better night's sleep.

### 02

#### Throwback Thursday

Spend a Thursday screen-free like back in the day!

### 03

#### Ultimate battle

Tomorrow, only check your phone once an hour and battle the urge to respond immediately. Game on.

### 04

#### Unplug

Charge your phone somewhere other than your room. We dare you to buy yourself an alarm clock. Yup, you read that right, an alarm clock.



### 05

#### Justify it

Try this for a week: every time you pick up your phone while someone is talking to you, justify it by giving the real reason. Ouch.

### 06

#### Set it aside

Next time you go out with your friends, put your phones away.

### 07

#### Clean it up

Turn off all non-essential visual and audio notifications.



### 08

#### Moment of truth

Download an app that calculates the time you spend on your phone every day.

### 09

#### Morning break

For a week, wait until after breakfast to look at a screen.

### 10

#### Wait it out

For a week, every time you're waiting in a line, resist the temptation to check your phone and just...wait.