



quiz

does your child have too much screen-time?

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These simple questions can help determine whether or not screen time is harming your child's overall health. Give a score to each question using the following ratings:

0 = Never or rarely true

1 = Occasionally true

2 = Usually true

3 = Always true

- ___ Your child is upset when you ask him to stop his screen activity to come to dinner or another activity.
- ___ Your child asks you to buy a digital device such as an iPod after you have already said no.
- ___ Your child has trouble completing his homework because he is busy watching television or playing video games.
- ___ Your child refuses to help with chores around the house, choosing instead to play with screens.
- ___ Your child asks to play a video game or other screen-related activity after you have said no.
- ___ Your child does not get sixty minutes of physical activity each day.
- ___ Your child does not give frequent eye contact to others in the home.
- ___ Your child would rather play video games than go outside to play with friends.
- ___ Your child doesn't really enjoy anything that does not involve screens.
- ___ If you restricted all screen use for one day, your child would be irritable and whiny.

if your child scores:

- 10 or below:** Your child does not appear to have too much screen time. He seems able to exercise appropriate control and boundaries.
- 11–20:** Your child may be depending on screen time too much. You will want to monitor screen time more judiciously and watch for growing reliance upon screens.
- 21–30:** Your child may be addicted to screens. You may want to meet with a counselor, pastor, or parent you respect for advice.