

Am I Addicted to Social Media ?

LR_37 in English
Grades 10-12

[Introduction Screen or Screens]

Social media plays a large role in many of our lives. We can share our opinions, learn what others think and stay in touch with our friends and family. Many of us enjoy playing digital games

Is there a problem with this?

Usually not, but if you spend too much time online, you may be addicted to the Internet.

So how much is too much?

Rate yourself by identifying your behavior in the following statements.

Your final score will tell you if you are beginning to show signs of Internet addiction.

Be honest with yourself. Only you will see your final score.

Identified Risk Factor	Statement	Response	Points
1. Frequency	I wait until a particular time of day to check my social media like Facebook or Twitter. .	<p>We all want to know what is happening with our friends, but checking all the time may mean that you are checking too much. It can also be a big waste of time.</p> <p>A good strategy is to restrict your social media time to certain times of day. For example, many students use it as a reward. They study for an hour and then take a 15-minute reward break to see what's happening online.</p>	2

	I catch myself looking at my social media feeds more than I think I should.	Same as above	1
	I am constantly checking my feeds to see what's new with my friends. How else can I keep up with everyone?	Same as above	0
2. Responsibilities	I believe all of the time I spend on social media is a healthy and positive use of my time.	Social media is fun, but it can waste a lot of time. It is important to limit your use each day so that you can fulfill your responsibilities, such as completing your homework or remembering prayer time.	2
	I am mostly a responsible person, but sometimes I procrastinate (delay or postpone what I need to do) by going on social media.	Same as above	1
	I am afraid the time I spend on social media is having a negative impact on my ability to get things done.	Same as above	0
3. Bedtime	I do not look at social media in bed.	You should stop using your devices one or two hours before bedtime. Research has shown that the light from these devices stimulates your brain and makes it difficult to sleep. This can result in you being overtired when you should be awake and alert the next morning.	2
	I leave my computer or mobile on and close by so I can check my messages and notifications.	same as above	1
	I am checking my feeds and messaging until I can't keep my eyes open any longer.	same as above	0

4. Connecting with People	I use social media to stay in touch with the people closest to me, but I value face-to-face time with friends and family too.	A balanced use of social media is fine. Experts say it is important to have quiet time for reflection and thinking. It is also important to enjoy face-to-face time with the people you love.	2
	I like having the ability to connect with my friends and family. It's so much easier than trying to make plans.	same as above	1
	I connect with my friends 24/7. I can't get enough of it!	same as above	0
5. Gaming	I love playing games online or on my mobile, but I know when to quit.	Gaming is fun, but too much of it can be harmful. There are several signs that may indicate that you are spending too much time gaming. For example, if you feel a sense of urgency to play all the time, that is not a good sign. Similarly, if you are often tired during the day because you stayed up late playing, then it may be time to think about playing less.	2
	I know I'm accomplishing something when I beat my high score and move to the next level.	same as above	1
	I love playing games. If I sleep less, who cares?	Same as above	0
6. Social Life	I go out and do many things with my friends and family.	Socializing comfortably and communicating clearly in face-to-face situations is an important life skill. It will affect your friendships, your relationships with your family and your career For this reason, it is essential that you balance your time online with your face-to-face time with friends and family.	2
	I have an active social life, but I always have my mobile with me so I know what's happening online.	Same as above	1

	Most of my social life is spent with my friends online.	Same as above	0
7. Health	I like to exercise regularly or play a sport with friends.	Too much time online is linked in research studies to tiredness, dry eyes, weight gain, lower school performance, and anxiety if you are away from your screen for too long. Stepping away from your computer can be good for your health.	2
	I feel like I spend a lot of time online and sometimes should do more physical activities.	same as above	1
	I am young and do not need to exercise. It's a lot more fun to spend time online, even if I am occasionally a little tired.	same as above	0
8. Focus	When doing my homework, I need to focus. I do not check my notifications or messages.	Research has shown that multitasking, doing more than one task at the same time, does not work. This has been proven true in research studies involving the very smartest high-achieving students. It is best to focus on your homework and take set breaks once every hour to check messages. You will improve your focus, speed, and the quality of your work.	2
	I check my messages and notifications every so often, but sometimes it makes me lose focus.	same as above	1
	I am a great multitasker. I have no problem quickly looking away from something to check messages.	Same as above	0
9. Grades	My grades are great. I know that I need to balance my study time and my online time.	Your grades alone are a good indication, or sign of your ability to successfully balance your time online and off.	2

		<p>If your grades have been getting worse and you have been spending more and more time online, it is likely that these events are related.</p> <p>Try to find a way to balance your school life and your online social life. Your close friends and your family will be happy to help you.</p>	
	My grades are good, but they could be better.	same as above	1
	My grades have been getting worse as I spend more time online. Could they be related?	same as above	0
10. Going Offline	I stay off social media at least one day a week so I can think clearly and not worry about what is happening with others.	<p>If you only take short breaks during the day from social media, you may have an anxiety about missing what is happening with your friends. This is known as the "Fear Of Missing Out" (FOMA) a recognized feeling by experts.</p> <p>FOMO makes people anxious and allows social media to become very time-consuming.</p> <p>Do not let FOMO take over your life. It is important to consider how much you are spending online to ensure you are maintaining your face-to-face relationships as well as your online relationships.</p>	2
	I sometimes set some time when I do not go online	same as above	1
	I always take time each day when I do not go online and do not check my messages.	same as above	0
11. Rules and Limits	My parents set time limits on my computer use and I strictly follow them.	Your parents set time limits on your computer use for a good reason. They want you to engage in other activities that will make your life enjoyable. A variety of interests is much healthier than just one.	2

	My parents set time limits on my computer use, but sometimes I sneak some time on the computer.	same as above	1
	I constantly try to get around the time rules my parents have set for me and I usually succeed.	same as above	0
12. Online Friends	I am only "friends" with my face-to-face friends and family.	<p>"Friending" people you do not know face-to-face can be a way of exploring, but it also can be a huge waste of time. It can also increase your risk of receiving uncomfortable messages.</p> <p>If you communicate online in a way that is different than you would in a face to face situation, you may be sending a message that you do not want to send. This may result in embarrassing and uncomfortable situations. It may also take up a lot of time that you could be spending with your face-to-face friends.</p>	2
	I am "friends" with my friends and family and their friends too.	same as above	1
	I am "friends" with anyone who offers.	same as above	0

[Display final feedback along with total score at end]

How did you do?

20–24 Good for you! You have your Internet use well under control and are balancing your online use with your other interests.

10–19 You are in danger of spending too much time online. Start watching yourself.

0–9 Help! You need to spend less time online and find other interests. Make sure you are spending enough time on your homework and with your friend face-to-face.