

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.

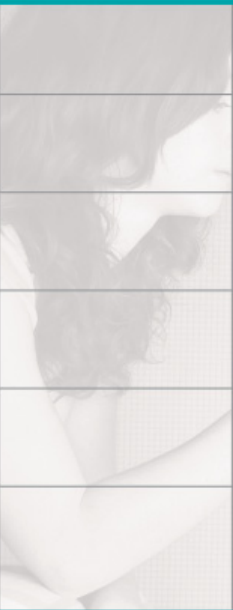
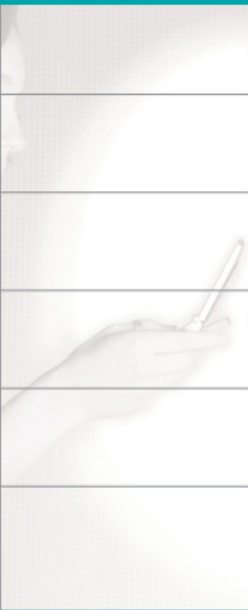

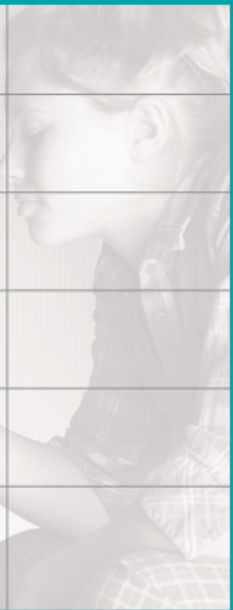
On average, I spend hours/day on technology.

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?

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

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