



QUESTIONNAIRE ON THE USE OF NEW TECHNOLOGIES

YOUTH 10-14 years old

1. How often do you use the Internet for fun or boredom?

- I do not use the Internet at all – I do not use the Internet (0 points) go to questionnaire no. 2
- a few times a month (1 point)
- 2-3 times a week (2 points)
- 4-5 times a week (3 points)
- daily (4 points)

2. How much time do you spend online?

- up to 30 minutes a day (0 points)
- by 1 hour a day (1 point)
- Up to 2 hours a day (2 points)
- Up to 3 hours a day (3 points)
- More than 3 hours a day (4 points)

3. How often do you spend more than 3 hours a day on the Internet / using various devices - smartphone, Smart TV, console, laptop?

- oh never (0 points)
- less than once a month (1 point)
- about once a month (2 points)
- about once/twice a week (3 points)
- daily or almost daily (4 points)

4. How often can you not put the device down at the time agreed with your parents/guardians?



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**Technology is
everywhere!
Where is the
balance?**

- oh never (0 points)
- less than once a month (1 point)
- about once a month (2 points)
- about once/twice a week (3 points)
- daily or almost daily (4 points)

5. How often have you failed to prepare for lessons, school tests or neglected your homework due to using the Internet/devices?

- oh never (0 points)
- less than once a month (1 point)
- about once a month (2 points)
- about once/twice a week (3 points)
- daily or almost daily (4 points)





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Results submit:

0-10 points - the use of the Internet / smartphone by the child is at a safe level. Make sure that it does not exceed the time spent on the Internet/smartphone and that it takes care of developing peer relationships, hobbies and has daily duties.

11-16 points - the use of the Internet / smartphone by a child is at a risky level, especially when increased scores are visible in the first three questions (scale 3-4 points). You should control the time spent online, analyze the answers with your child, make changes to the daily schedule.

over 16 points – most likely the child has a big problem with using the Internet/smartphone. Seek specialist advice, plan a week with your child, conclude a contract for using the Internet/smartphone - here mainly: restore duties, fill the child's free time, comply with joint agreements!

The questionnaire concerns the use of new technologies - INTERNET / DEVICE - smartphone, Smart TV, games on the console, computer / laptop.

The key factors in the use of new technologies are: time spent in front of the screen, emotions experienced in connection with it (felt pleasure, change of emotions from unpleasant to pleasant) and satisfying the child's psychosocial needs thanks to technology (developing hobbies, relationships and other unrealized in the real world)

