

Are you a digital monster?

Take the quiz to see if you are spending too much time online or taking your media multitasking to the extreme!

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| 1. Is the last thing you do before bed is text? | YES | NO |
| 2. Do you ever find yourself texting during class? | YES | NO |
| 3. Do you often Facebook, text, and do homework all at the same time? | YES | NO |
| 4. Do you ever get in trouble for using your cell phone when you're supposed to? | YES | NO |
| 5. Do any of your parents, teachers, or friends think you're online too much? | YES | NO |
| 6. Do you find it hard to concentrate on a task if you know someone is messaging you? | YES | NO |
| 7. Do you ever use your cell phone for texting or internet while driving? | YES | NO |
| 8. Do you visit your Facebook profile or update your status more than twice a day? | YES | NO |
| 9. Would you say that you have more than 8 hours of combined screen time every day? | YES | NO |
| 10. Do you ever text someone that you could talk or shout to instead? | YES | NO |

SCORING: For every "YES" you circled give yourself 10 points. Then check out your diagnosis below.

100 points **You're a digital monster!** Take steps to reduce your screen time and the amount of time you spend multitasking between real life priorities and different digital platforms. Find an adult or trusted fund to help you down from your media addiction.

50-90 points **You're approaching the digital danger zone.** Really start taking note about how much time you spend on your laptop, cell phone, iPod, and online. If you're not careful you could affect your school and family life.

0 – 50 points **You're an effective media multitasker.** You spend time online and with your digital devices, but you seem to know your limit. Keep up the good work.

