

## 2c- QUIZZ: are you addicted to your Social medias?

1. When I use my smartphone, laptop, or tablet, it's difficult to stop.

Never or Rarely

Sometimes

Often or Regularly

2. I enjoy interacting online (snapchat/insta) with my friends more than in real life (school, park...).

Never or Rarely

Sometimes

Often or Regularly

3. I'd rather spend time online than doing things around the house (ex : cooking with my mother, playing with my sisters/brothers).

Never or Rarely

Sometimes

Often or Regularly

4. I think that the quality of my school work has suffered because of my addiction to my smartphone.

Never or Rarely

Sometimes

Often or Regularly

5. My family has complained about the time I spend in front of my smartphone, tablet, or computer.

Never or Rarely

Sometimes

Often or Regularly

6. I check my social media (Facebook, Instagram, etc.), texts, or emails when I wake up in my bed.

Never or Rarely

Sometimes

Often or Regularly

7. I don't like it when people bother me when I'm in front of my smartphone, laptop, or tablet.

Never or Rarely

Sometimes

Often or Regularly

8. I'm nervous when I'm separated from my smartphone, tablet, or laptop.

Never or Rarely

Sometimes

Often or Regularly

9. I escape from my real life with my smarphone.

Never or Rarely

Sometimes

Often or Regularly

10. My life is less interesting and happy without access to the Internet.

Never or Rarely

Sometimes

Often or Regularly

11. I go to bed very late because I use my smartphone or I play online.

Never or Rarely

Sometimes

Often or Regularly

12. I prefer staying home gaming, doing social media than going outside with my friends.

Never or Rarely

Sometimes

Often or Regularly

13. When I'm not checking my smartphone, I fear missing out with what's going on

Never or Rarely

Sometimes

Often or Regularly

**Check your score and find out if you are (or not!) an Internet addict :**

**Never or Rarely : 0 point**

**Sometimes : 1 point**

**Often or Regularly : 2 points**

**My total score is :                      points**

From 0 to 13 points	From 14 to 17 points	From 18 to 21 points	22 points and more
<p><b><u>No Internet addiction</u></b></p> <p>Excellent ! You use the Internet and your mobile phone cautiously !</p> <p>You don't have any problem with Internet use.</p> <p>You have a balanced relationship with your online use because it's ok for you to stop with your phone and do other activities like sports, hanging out with your friends, your homework...</p>	<p><b><u>Borderline Internet addiction</u></b></p> <p>You may be starting to experience some issues related to your smartphone or online use.</p> <p>These issues are not serious at this time because you still are a serious person.</p> <p>Try to balance your time between your online use (especially the amount of time you spend checking social media, gaming, or with your smartphone) and your real-world life just to be on the safe side.</p>	<p><b><u>Internet addiction possible</u></b></p> <p>70 % sure your parents aren't happy with you and your mobile phone...</p> <p>Think of it like this... You generally don't spend 5 or 6 hours in front of the television, every night, nearly every day. Most people wouldn't think that's normal.</p> <p>Just live your life with real people !</p>	<p><b><u>Internet addiction likely</u></b></p> <p>OMG You are an addict !! It is obvious that you spend hours and hours, DAY and NIGHT on your mobile phone or playing online. It's the most important thing in your life !</p> <p>Start to change your use of the Internet to reduce the issues that it may be causing in your life or at school</p> <p>Be careful with the Internet and start to go out with your real life friends and family !</p>