Social Media/Screen Time

Time Spent in Front of a Screen (Tier 2)

ON MOST WEEKDAYS, about how much time did [you/your child] spend in front of a TV, computer, cellphone or other electronic device watching programs, playing games, accessing the Internet or using social media? Do not include time spent doing schoolwork.

☐ Less than 1 hour
☐ 1 hour
☐ 2 hours
☐ 3 hours
☐ 4 or more hours

Compared to before the COVID-19 outbreak (before March 2020), how much are [you/your child] now doing of the following:

Spending time watching TV/videos (such as YouTube), playing video/computer games, or using social media for educational purposes, including schoolwork

☐ Less
☐ Same amount
☐ More

Spending time watching TV/videos (such as YouTube), playing video/computer games, or using social media for non-educational purposes

☐ Less
☐ Same amount
☐ More