

Screen Time 

Please do NOT include time spent on school related work, but DO include watching TV, shows or videos, texting or chatting, playing games, or visiting social networking sites (Facebook, Twitter, Instagram). On an average day in the past week, how much time do you:

Watch "or stream" movies, videos or TV shows? (such as Hulu, Netflix, Amazon, YouTube, Twitch)

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours

Play single-player video games on a computer, console, phone or other device (Xbox, PlayStation, iPad, AppleTV)?

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
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- 10 hours
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- 21 hours
- 22 hours
- 23 hours
- 24 hours

Play multiplayer video games on a computer, console, phone, or other device (Xbox, PlayStation, iPad, AppleTV) where you can interact with others in the game?

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
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- 15 hours
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- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours

Text on a cell phone, tablet, computer, iPod, or other electronic device (e.g., GChat, Whatsapp, Kik etc.)?

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
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- 24 hours

Visit social media apps (e.g., Snapchat, Facebook, Twitter, Instagram, TikTok, etc.)? (Do not include time spent editing photos or videos to post on social media.)

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
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- 24 hours

Video chat (Skype, FaceTime, VRchat, etc.) that is NOT for school

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
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- 24 hours

Searching or browsing the internet (e.g., using Google) that is NOT for school

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
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- 24 hours

On a typical day, how much TIME per day do you spend in TOTAL connecting with friends digitally (all forms listed above included)?

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
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- 24 hours

On a typical day, how much TIME per day do you spend in TOTAL on a computer, phone, tablet, iPod, or other device or video game? (Do NOT include time spent on school work)

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
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- 24 hours

On a typical day in the past week, how much TIME per day did you spend playing an instrument or singing?

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
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- 24 hours

On a typical day in the past week, how much TIME per day did you spend listening to music/watching music videos?

- 0
- 15 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 2.5 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
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