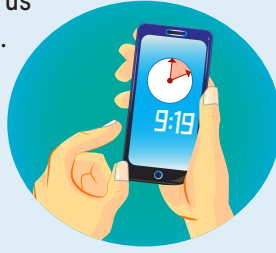


Are You Smart about Screens?

“In all matters moderation is desirable.” –Bahá’u’lláh

Computers, tablets, and smartphones give us amazing access to facts, fun, and friends. But too much screen time can backfire. It can mess with your goals, schoolwork, and friendships. Using devices or social media too much can impact your emotions, too. You might compare yourself with others or feel sad because



you think you’re missing out on something fun.

More than half of teens in one study said they spend too much time on their phones and have tried to cut back. Think about how to use your screens with moderation. Experiment with putting away the screens and doing things that involve face-to-face fun!

Do you use screens wisely?

Circle your answers, then add up your points.



1. If I’m playing games on a screen and friends ask me to go out and play, I go.
Often = 3 • Sometimes = 2 • Rarely = 1
2. I do my homework without getting distracted by online activities or games.
Often = 3 • Sometimes = 2 • Rarely = 1
3. If I’m online and I see something in the news that worries me, I talk to my parents.
Often = 3 • Sometimes = 2 • Rarely = 1

4. I speak up if friends or family are ignoring me because they’re focused on screens.
Often = 3 • Sometimes = 2 • Rarely = 1
5. I put away electronic devices at least an hour before bedtime.
Often = 3 • Sometimes = 2 • Rarely = 1
6. I balance screen time with other activities, such as hobbies or sports.
Often = 3 • Sometimes = 2 • Rarely = 1
7. I put away electronic devices for meals and family time.
Often = 3 • Sometimes = 2 • Rarely = 1

8. I talk to my parents if I see bullying or threats online.
Often = 3 • Sometimes = 2 • Rarely = 1
9. I can be happy even when I don’t have access to screens.
Often = 3 • Sometimes = 2 • Rarely = 1
10. I stick to our family’s rules about screen time limits.
Often = 3 • Sometimes = 2 • Rarely = 1
11. I ask my parents before I share any personal information online.
Often = 3 • Sometimes = 2 • Rarely = 1
12. When I’m with friends, we talk or hang out instead of using screens.
Often = 3 • Sometimes = 2 • Rarely = 1



MY SCORE

36-28 POINTS You practice wisdom and self-discipline in how you use electronic devices. Keep it up!

27-20 POINTS You’re learning self-control about screen use. Try a tip from the quiz to boost your savvy.

19-12 POINTS You may be overdoing screen time. Choose a few tips from the quiz to find a balance.