

HOW IS TECH AFFECTING YOUR LIFE?

To determine how technology is affecting your life, answer the following questions:

Yes No

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Do you get emotional or angry when you don't have access to a TV, tablet, or computer?

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Are your grades lower than they should be?

☐☐

Do you have your own phone that you use too often?

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Do family members often hassle you about spending more time with them?

☐☐

Do you find yourself wanting to play on a tablet, phone, or computer instead of doing active things?

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Do you sometimes get jealous of other kids' phones or tech stuff?

☐☐

Do you stay up too late playing with a phone, tablet, or video games?

If you answered yes to any of the above questions, what is something you can do to change that habit?

