

phone health

Learning Objective: Each student will increase in self-awareness of their cell phone usage and patterns. Students will also learn problems that are associated with social media, phone addiction, and learn skills to deal with it.

Quiz Reflection:

Video Reflection:

Podcast Reflection:

Goals:

1.
What? _____
Why? _____
How? _____

2.
What? _____
Why? _____
How? _____

3.
What? _____
Why? _____
How? _____

Make sure your goals are:

- 1. Obvious
- 2. Attractive
- 3. Easy
- 4. Satisfying

Final Thoughts:



Access your Online Dashboard
Login at my.schoolpulse.org

Not signed up?
See your instructor for the opt-in code.

phone health quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

1. When your phone buzzes or pings do you check it immediately?

- Never Rarely Sometimes
 Often Very often

2. Do you sleep with your phone next to or in your bed?

- Never Rarely Sometimes
 Often Very often

3. When you get up in the morning do you check your phone before getting ready for the day?

- Never Rarely Sometimes
 Often Very often

4. When you are out with friends or on vacation do you use your phone more than usual?

- Never Rarely Sometimes
 Often Very often

5. Do you ever use your phone while you're moving, walking, biking, or driving?

- Never Rarely Sometimes
 Often Very often

6. Do you spend more than 20 minutes editing photos before you post them?

- Never Rarely Sometimes
 Often Very often

7. Do people complain about how much time you spend on your phone?

- Never Rarely Sometimes
 Often Very often

8. Do you frequently check your phone's battery life?

- Never Rarely Sometimes
 Often Very often

9. Do you travel, go out, or make certain friends so you can post about it?

- Never Rarely Sometimes
 Often Very often

10. Do you spend more than 2 hours on social media everyday?

- Never Rarely Sometimes
 Often Very often

11. Do you prefer to instant message someone over talking face-to-face?

- Never Rarely Sometimes
 Often Very often

12. Do you ever use your phone while you're in the bathroom?

- Never Rarely Sometimes
 Often Very often

13. Do you feel your social media use is negatively impacting your relationships?

- Never Rarely Sometimes
 Often Very often

14. Do you feel left out, bored, or anxious when you don't have access to your phone?

- Never Rarely Sometimes
 Often Very often

Want to learn more about phone usage, social media, and other mental health topics?

Visit: schoolpulse.org/resources



quiz results

Use your quiz answers to add up your points.

Never = 1 point
Rarely = 2 points
Sometimes = 3 points
Often = 4 points
Very Often = 5 points

Total Points: _____

14-30 - little to no indication of an addiction	31-45 - mild indication of an addiction	46-56 - moderate indication of an addiction	57-70 - strong indication of an addiction
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These results are not a diagnosis, if you have questions text us at SchoolPulse.

confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I _____, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

Student Signature

Date