

## Quiz: Does Your Child Have Too Much Screen Time?

**T**hese simple questions can help determine whether or not screen time is harming your child's overall health. Give a score to each question using the following ratings:

0 = Never or rarely true

1 = Occasionally true

2 = Usually true

3 = Always true

\_\_\_\_\_ Your child is upset when you ask him to stop his screen activity to come to dinner or another activity.

\_\_\_\_\_ Your child asks you to buy a digital device such as an iPad after you have already said no.

\_\_\_\_\_ Your child has trouble completing his homework because he is busy watching television or playing video games.

\_\_\_\_\_ Your child refuses to help with chores around the house, choosing instead to play with screens.

\_\_\_\_\_ Your child asks you if he can play a video game or other screen related activity after you have said no.

\_\_\_\_\_ Your child does not get 60 minutes of physical activity each day.

\_\_\_\_\_ Your child does not give frequent eye contact to others in the home.

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- \_\_\_\_\_ Your child would rather play video games than go outside to play with friends.
- \_\_\_\_\_ Your child doesn't really enjoy anything that does not involve screens.
- \_\_\_\_\_ If you restricted all screen use for one day, your child would be irritable and whiny.

If your child scores:

- 10 or below: Your child does not appear to have too much screen time. He seems able to exercise appropriate control and boundaries.
- 11–20: Your child may be depending on screen time too much. You will want to monitor screen time more judiciously and watch for growing reliance upon screens.
- 21–30: Your child may be addicted to screens. You may want to meet with a counselor, pastor, or parent that you respect for advice.

## Quiz: Is Your Child Addicted to Video Games?

0 = No

1 = Sometimes

2 = Yes

- \_\_\_\_\_ During the past year, has your child become more preoccupied with playing video games, studying video game playing, or planning the next opportunity to play?
- \_\_\_\_\_ Does your child need to spend more time and/or money on video games than he or she used to?
- \_\_\_\_\_ Does your child become restless or irritable when told to cut back or stop playing video games?
- \_\_\_\_\_ Does your child play video games to escape problems, bad feelings, or homework?
- \_\_\_\_\_ Has your child lied about how much they play video games or about anything related to gaming?
- \_\_\_\_\_ Does your child neglect household chores to spend more time playing video games?
- \_\_\_\_\_ Has your child done poorly on a quiz, test, or homework because he or she was gaming instead of studying?
- \_\_\_\_\_ Does your child want to play video games every single day?

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- \_\_\_\_\_ Does your child say he or she is bored unless gaming?
- \_\_\_\_\_ Has your child skipped sports or other hobbies to get more game time?
- \_\_\_\_\_ Does your child play games after you are in bed at night?
- \_\_\_\_\_ Does your child get depressed if he or she isn't allowed to play?
- \_\_\_\_\_ Do you have a gut feeling your child is addicted to video games?
- \_\_\_\_\_ Has your child tried and failed to quit or reduce video game playing?
- \_\_\_\_\_ Do you have conflict over video gaming in your home?

If your child scores:

- 8 or below: Your child appears to be a casual gamer. He or she likes video games but enjoys other activities more.
- 9–15: Your child is becoming more and more engrossed in gaming. He or she is at risk of becoming dependent on gaming.
- 15–30: Your child has a problem with video gaming. It's time to make changes so he or she will not succumb to video game addiction.<sup>1</sup>

# Notes

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### **Quiz: Is Your Child Addicted to Video Games?**

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