

Screen Time Management

Pre-assessment

1. Have you ever heard of the term Internet Addiction?
 - a. Yes
 - b. No

2. Do you think that Social Media can be addictive?
 - a. Yes
 - b. No

3. Only children and teenagers can get addicted to the internet.
 - a. True
 - b. False

4. What is FOMO? If you're not sure, try to guess from the options below:
 - a. A type of software that monitors social media
 - b. The fear that you are missing out on fun things happening around you.
 - c. The unrealistic standards presented by social media.

5. Choose from below which are valid tactics to reduce screen time.
 - a. Uninstalling all applications from your phone and not using your phone unless it's absolutely necessary.
 - b. Switching off notifications for a while.
 - c. Using apps that help you put limits on your screen time.
 - d. Switching off your phone entirely.