

## HANDOUT 7.2A Social Media Survey

1. How often do you spend on social media a day?
  - 1 hour or less
  - 2–3 hours
  - 4–5 hours
  - 6 hours or more
  - Never
2. How dependent are you on technology?
  - I can't live without it.
  - I use it regularly but not all day.
  - I rarely use technology.
3. Do you feel like you spend too much time on social media?
  - Yes, I'm constantly checking messages, status updates, posts, pictures, etc.
  - I use it moderately and check it every once in a while.
  - I rarely check social media.
  - I don't have any social media.
4. How do you feel when you are without social media for a long period of time?
  - Anxious, depressed, lonely, like I'm missing out on things.
  - I feel like I might be missing out but it's not a big deal.
  - It doesn't affect me in any way.
5. Have you ever been subjected to cyberbullying while on social media?
  - All the time
  - Rarely
  - Sometimes
  - Never
6. How much personal information do you share on social media?
  - Everything.
  - I share a lot.
  - Some things, but most information is hidden from the public.
  - I share very little information.
  - I don't share any information.
7. Do you feel like the number of "likes" you get on photos or posts makes you feel better about yourself?
  - Yes
  - A little bit
  - Not at all

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(Continued)

8. Do you ever get jealous of other people's seemingly extravagant lives on social media?
  - All the time, I'm constantly comparing lives.
  - Sometimes, but it doesn't bother me too much.
  - Not really, I don't pay attention.
9. Do you feel that social media has more positive or negative effects?
  - Negative
  - Positive
10. Do you think that social media has affected your life positively or negatively?
  - More positively, I can stay connected with friends and family and be updated about world events.
  - More negatively, I spend too much time comparing my life to others and feel lonely without social media or technology.
  - I think that social media has affected me both negatively and positively.