

Health or Unhealthy use of Social Media?

1. Do you spend more time on social media than socialising with your friends?
A Yes
B No
2. Do you use more than one social media websites?
A Yes
B No
3. Do you use social media on a daily basis?
A Yes
B No
4. Do you post personal information frequently on social media?
A Yes
B No
5. Do you post personal photos frequently on social media?
A Yes
B No
6. Do you often make new friends among the online users of social media?
A Yes
B No
7. Do you use social media as a way to escape your personal problems?
A Yes
B No
8. Do you neglect your responsibilities in favour of social media?
A Yes
B No
9. Do social media influence your ability to make friends in real life?
A Yes
B No
10. Do you check your social media account at school?
A Yes
B No
11. Do you often become defensive or secretive when anyone asks you what you do when you are on social media?
A Yes
B No
12. Do you stay connected to social media at all times outside of school? Y/N
A Yes
B No