

My Warning Signs	Is This a Concern for You?
Conflicts with others over screen time and phone use.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Prefer being online to doing things with friends or family members.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Hide or lie about screen time and/or internet use.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Prefer to text, message, or video chat instead of communicating face-to-face.	No <input type="checkbox"/> Yes <input type="checkbox"/>
RESPONSIBILITY – Chapter 7: Protect Your Privacy, Safety, and Reputation	
Post things you later come to regret.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Don't use privacy settings as much as you should.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Reveal too much personal information.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Rarely think about the trail you leave online.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Get sucked into negative emotions.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Respond to emails or messages from strangers without exercising caution.	No <input type="checkbox"/> Yes <input type="checkbox"/>
EMOTIONAL – Chapter 8: Protect Your Psyche	
Feel depressed, lonely, sad, or self-hating after being online.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Quick to get angry. Upset by small things.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Use internet to escape real-life problems and feelings.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Mood swings without knowing why.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Often feel stressed out. Can't cope.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Feel anxious, irritable, angry, moody, or empty when not able to use phone.	No <input type="checkbox"/> Yes <input type="checkbox"/>
DEPENDENCY – Chapter 9: Protect Your Life Balance	
Screen time keeps increasing. Lose track of time when online.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Efforts to cut back on screen time have failed.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Constantly think about online activity. Can't wait to get back online.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Keep using phone despite negative consequences.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Always checking phone, even when it's unsafe or against the rules.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Phone is default activity when bored.	No <input type="checkbox"/> Yes <input type="checkbox"/>
Total Number of "No's" and "Yeses"	No: Yes: