

Copy of Survey Questions Social Media

1. What is your gender ?

Check all that apply.

- Male
- Female

2. What grade are you in?

Check all that apply.

- Gr 5
- Gr 6
- Junior High
- High School

3. Which Social Media do you use?

Check all that apply.

- Face book
- Instagram
- Twitter
- Tic Tok
- Snap chat

4. How much time do you spend on Social Media per day?

Check all that apply.

- 30-60 min
- 1-2 hours
- 2-3 hours
- 4 hours or more

5. How many times a day do you look at social media?

Check all that apply.

- once a day
- 2-5 times a day
- 5-10 times a day
- 10 or more

6. Is Social Media your #1 choice for your spare time?

Check all that apply.

- Yes
- No

7. When you don't have access to Social Media how do you feel?

Check all that apply.

- Happy
- bored
- normal
- upset

8. How often do you post on Social Media?

Check all that apply.

- never
- Every few months
- every few weeks
- weekly
- daily
- multiple times a day

9. Do you think about the posts for the rest of your day if you saw them at the start of your day?

Check all that apply.

- Yes
- No

10. When you check social media before going to bed, does it affect your sleep?

Check all that apply.

- Yes
- No

11. How long do you fall asleep after checking Social Media?

Check all that apply.

- less than 30 min
- 30 or more min

12. What do you mostly use Social Media for?

Check all that apply.

- Socializing with friends and family
- event planning
- inspiration
- news
- to meet new friends
- to browse/kill time
- research or knowledge

13. Has social Media improved your friend/family relationships ?

Check all that apply.

- Yes
- No

14. Do you consider yourself addicted to social media ?

Check all that apply.

- Yes
- No

15. Do you have easy access to social Media all the time?

Check all that apply.

- Yes
- No

16. Do you socialize with strangers on Social Media ?

Check all that apply.

Yes

No

17. Do you believe the information on Social Media if it is shared by the person you know ?

Check all that apply.

Yes

No

18. Do you believe the information on Social Media if it is shared by the person you DON'T know ?

Check all that apply.

Yes

No

19. Do your parents use social media frequently?

Check all that apply.

Yes

No

20. Do you think people show-off on Social Media ?

Check all that apply.

Yes

No

21. Do you anxiously check your posts or chasing Likes?

Check all that apply.

Yes

No

22. I avoid using social media.....

Check all that apply.

at meals

when doing homework

in family time or gatherings

when going to sleep

None of the above

23. Does social media affects your sense of depression , anxiety, loneliness, or self-image ?

Check all that apply.

Yes

No

24. Have you been cyber bullied or tried to help others who have been victimized by cyber bullying ?

Check all that apply.

Yes

No

25. Do selfies of people make you self-conscious ?

Check all that apply.

Yes

No

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