

Are YOU a technology addict?

Complete the quiz to find out!

1. **How much time do you use your mobile phone/gadgets a day?**
A 4 hours or more
B 2 hours
C 1 hour

2. **When you meet your friends and family, you use your phone/tablet...**
A all the time (to take photos)
B just to check notifications.
C I don't use my phone when I'm with other people.

3. **When you receive a notification...**
 1. you check your phone/tablet/computer immediately.
 2. if you are busy you finish what you are doing.
 3. you don't pay attention to it.

4. **You use your phone/tablet/computer at the bed...**
A everyday
B sometimes
C never

5. **When you are doing homework, you check the apps...**
A every five minutes.
B only if I receive a notification.
C I don't use the apps while doing homework.

6. **In your free time...**
A you always like doing different activities, hobbies, sports...
B you play computer games, use your phone, but you also like doing other activities.
C you use your phone/computer as much as you can.

RESULTS

1. **Option A: 5 points.**
Option B: 3 points.
Option C: 0 points.

If you use your phone four or more hours a day, we recommend you to have tech-free days or "digital detox". You should leave your gadgets and get outside, spend time with those you love, try something new or focus time on things you love. With so much of our daily life dedicated to time online, taking breaks is necessary.

2. **Option A: 5 points.**
Option B: 1 point.
Option C: 0 points.

If you use your mobile all the time with friends, you should implement a no-phone rule or a no-gadgets-at-the-table. If you don't use your phone for one or two hours the digital world won't fall to pieces, don't worry.

3. **Option A: 5 points.**
Option B: 1 point.
Option C: 0 points.

Notifications are one of the main reasons that we compulsively check our phones. It is impossible to ignore the bells, lights, and whistles. You should turn off every notification that isn't essential.

4. **Option A: 5 points.**
Option B: 2 points.
Option C: 0 points.

Do you charge your phone each night on your bedside table? Do you use it as an alarm to wake each morning? These habits make you use your phone more than necessary. You should try keeping your phone out of your bedroom at night and try not to use gadgets for at least an hour before you go to sleep.

5. **Option A: 5 points.**
Option B: 3 points.
Option C: 0 points.

If you are worried about your digital usage, you should set limits. Set a time of 30 minutes a day for social media and stick to it.

6. **Option A: 0 points.**
Option B: 1 point.
Option C: 5 points.

Less time online opens the door to all kinds of opportunities in your life. If you set limits, find activities you love to fill your free time. Try a new class, explore a new part of your city, join a club- jump into the real world.

IF YOU GOT...

- **20-30 POINTS YOU ARE TECHNOLOGY ADDICTED.**
- **10-20 POINTS YOU ARE NOT ADDICTED BUT YOU CAN DO BETTER.**
- **0-10 POINTS WELL DONE. YOU HAVE HEALTHY DIGITAL HABITS.**