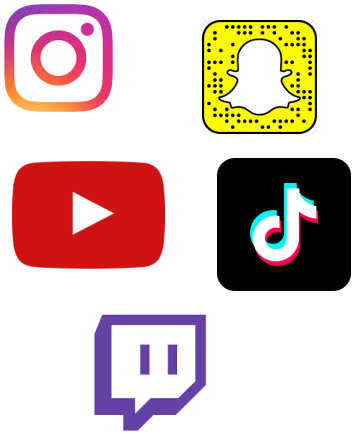
Screenager Protocol



Name: _____

How many hours do you spend on your phone each day?

What do you think?

_____ *hours and* _____ *minutes*

Now check your screen time in your phone settings!

_____ *hours and* _____ *minutes*

How many Instagram Stories did you watch yesterday?

_____

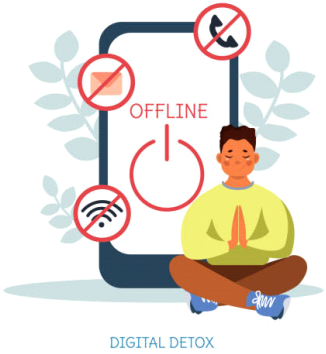
Do you remember what they were about?

_____

_____

_____

_____



DIGITAL DETOX

What kind of videos do you usually watch on YouTube or TikTok?

O funny
O educational
O beauty/shopping
O gaming
O lifestyle/travelling
O other: _____

All in all, how much time did you spend watching videos yesterday?

_____ *hours and* _____ *minutes*

How many people did you send Snaps to today?

And how many snapped you back?

_____ *people*

How many ongoing conversations do you have on WhatsApp, Instagram and other messaging apps?

_____

Can you keep up with all of them?

O sure, easy!
O not really…

What time did you stop using social media last night — and when did you go to bed?

_____ p.m. _____ p.m.

When do you usually check social media for the first time during the day?

Right after waking up?

At breakfast?

In school?

What was the last post that made you feel good — or bad — and why?

_____

_____

_____

_____

_____