

# Quiz: Too Much Screen Time for my child?

**Is your child getting too much screen time?  
Take this simple 10 question quiz and find out.**

Give a score to each question using the following ratings:

0 = Never or rarely true

1 = Occasionally true

2 = Usually true

3 = Always true

Your child is upset when you ask him to stop his screen activity to come to dinner or another activity.

Your child asks you to buy a digital device such as an iPod after you have already said no.

Your child has trouble completing his homework because he is busy watching television or playing video games.

Your child refuses to help with chores around the house, choosing instead to play with screens.

Your child asks you to play a video game or other screen related activity after you have said no.

Your child does not get 60 minutes of physical activity each day.

Your child does not give frequent eye contact to others in the home.

Your child would rather play video games than go outside to play with friends.

Your child doesn't really enjoy anything that does not involve screens.

If you restricted all screen use for one day, your child would be irritable and whiny.

## **If your child scores:**

**10 or below:** Your child does not appear to have too much screen time. He seems able to exercise appropriate control and boundaries.

**11-20:** Your child may be depending on screen time too much. You will want to monitor screen time more judiciously and watch for growing reliance upon screens.

**21-30:** Your child may be addicted to screens. You may want to meet with a counselor, pastor, or parent that you respect for advice.

Did you score higher or lower than you thought on the quiz?