

## Student Survey Questions and Possible Answers

**A little bit about you. Remember, your answers are anonymous, private, and confidential.**

Grade / Birth Year / Gender / Zip Code

### Let's talk about your smartphone.

1. I have the following type of smartphone: (iPhone / Andriod / I don't have a smartphone)
2. I keep my phone near or in my bed at night. (Never / Rarely / Sometimes / Always)
3. I got my first device at age. (0-3 / 4-6 / 7-10 / 11-13 / 14-15 / 16+)
4. I feel like I generally spend (select) hours on my PHONE every day. (less than 1 hour - 24 hours)
5. I feel like I generally spend (select) non-educational hours on a SCREEN every day. (less than 1 hour - 24 hours)
6. Please open your Screen Time on your smartphone, what is your Daily Average?
7. I have (how many) best friends that I spend time with in person.
8. I notice phones being a distraction when I am... (Select all that apply)  
with friends, with family, eating, in class, studying, working, driving, relaxing, trying to fall asleep, other, never.
9. Of the following ways, I prefer talking with my friends: Rank choice between in-person, text message, live video, phone call, social media, gaming
10. If I received a text from a friend, I feel I must reply right away. (Yes / No)
11. If I received a text from family, I feel I must reply right away. (Yes / No)

### Let's talk about social media.

12. I feel pressure about checking my social media HOURLY. (Yes / No / I don't have social media)
13. I feel pressure about checking my social media DAILY. (Yes / No / I don't have social media)
14. I use the following social media platforms: Instagram / Snapchat / Twitter / Facebook / Tiktok / Discord / Reddit / WhatsApp
15. When possible, I have ALL my social media accounts private. (Yes / No / I don't know / I don't have social media)
16. I allow my friends to use social media or apps to find my location. (Yes / No / I don't know)
17. I use social media or apps to find my friends, see who they are with, or what they are doing? (Yes / No)

18. Online, I am comfortable allowing anyone to see my location. (Yes / No)
19. I have received messages online offering me money, opportunities, or gift cards. (Yes / No)
20. I have received inappropriate online, comments, compliments, pictures, or requests for pictures. (Yes / No)
21. I have been bothered by inappropriate comments, compliments, pictures, or requests for pictures online. (Yes / No)
22. I have been harassed online by unwanted comments, threats, inappropriate pictures, or requests for pictures. (Yes / No)

**Let's talk about pics. Thinking about the past 12 months, please answer the following questions. \* Remember, your answers are anonymous and will be not be tied to you.**

23. I have been asked to share nude pictures of myself. (Never / Rarely / Sometimes / Frequently)
24. I have felt pressured to share nude pictures when I didn't want to. (Never / Rarely / Sometimes / Frequently)
25. I have shared nudes in the past year. (Never / Rarely / Sometimes / Frequently)
26. I have had someone share my nudes with others. (Never / Rarely / Sometimes / Frequently)
27. I have received unwanted/unsolicited nude pictures. (Never / Rarely / Sometimes / Frequently)
28. I have asked others to send nude pictures in this past year. (Never / Rarely / Sometimes / Frequently)

**Let's talk about feelings.**

29. For each group of words, choose which word you use to describe how social/interactive media makes you feel most of the time:
- a. Confident / Kind of confident / Kind of insecure / Insecure
  - b. Included / Kind of included / Kind of left-out / Left-out
  - c. Calm / Kind of calm / Kind of anxious / Anxious
  - d. Happy / Kind of happy / Kind of sad / Sad
  - e. Energized / Kind of energized / Kind of tired / Tired
  - f. Intelligent / Kind of intelligent / Kind of unintelligent / Unintelligent
  - g. Popular / Kind of popular / Kind of unpopular / Unpopular
  - h. Attractive / Kind of attractive / Kind of unattractive / Unattractive

i. Safe / Kind of safe / Kind of unsafe / Unsafe

30. Social media has had a POSITIVE impact on the following: sleep / grades / emotional health / physical health / family / friendships / dating / finances / work / none of these

31. Social media has had a NEGATIVE impact on the following: sleep / grades / emotional health / physical health / family / friendships / dating / finances / work / none of these

32. Pick the statement that best describes the way you feel about social media.

I love everything about social media.

I like social media most of the time, but sometimes it bums me out.

I can see the pros and the cons.

I often wish social media was never invented.

I hate it with a fiery passion.

**Final thoughts.**

Is there anything in this survey that sparked a thought you would like to share?