

Screen time survey results

Group or class

Date

Number of answers

Tally how many respondents ticked each box. Percent agree = (number of 4s + number of 5s) divided by the total, times 100.

STATEMENT	1	2	3	4	5	TOTAL	% AGREE
1. I am happy with the amount of time I spend on screens.							
2. I can put my phone down when I need to focus.							
3. My phone is out of reach when I go to sleep.							
4. Screens rarely push out things I had planned to do.							
5. Most days I get outside or move about.							

On a school or work day, how many hours are you on screens for fun

UNDER 2 HOURS	2 TO 3 HOURS	4 TO 5 HOURS	6 TO 7 HOURS	8 HOURS OR MORE

Strengths

The two statements with the highest percent agree.

Habits to change first

The two statements with the lowest percent agree.

What the open answers say

Sort the comments into three or four themes.

You said, we will

The pattern you found, and the one habit the group will try.
