

Social media and students survey

Do not write your name anywhere on this sheet. Answer for a normal school week, and skip any question you would rather not answer.

School or class

Date

For each statement, tick one box from 1 (strongly disagree) to 5 (strongly agree).

1 On a typical school day, how much time do you spend on social media?

☐ None ☐ Less than 1 hour ☐ 1 to 3 hours ☐ 3 to 5 hours ☐ 5 hours or more

2 Which of these apps do you use at least once a week? (tick all that apply)

☐ YouTube ☐ TikTok ☐ Instagram ☐ Snapchat ☐ Facebook ☐ WhatsApp ☐ Reddit ☐ X
☐ Discord ☐ Another app

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
3 I can study for half an hour without checking social media.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
4 Social media helps me with schoolwork, like class chats or study videos.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
5 I put social media away well before I go to sleep.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
6 I usually feel good about myself after time on social media.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
7 Social media helps me feel closer to my friends.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
8 Overall, how does social media affect your grades?	☐ Hurts a lot ☐ Hurts a little ☐ No real effect ☐ Helps a little ☐ Helps a lot				
9 Overall, how does social media affect your mood?	☐ Hurts a lot ☐ Hurts a little ☐ No real effect ☐ Helps a little ☐ Helps a lot				
10 What is the biggest way social media affects your school life, good or bad?					

Thank you. Your answers are anonymous.

poll-maker.com/social-media-impact-on-students

Optional questions (1 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Study and grades

11 How would you describe your grades last term?

- ☐ Excellent ☐ Good ☐ Average ☐ Below average ☐ Prefer not to say

12 Where is your phone while you do homework?

- ☐ In my hand ☐ Beside me, sound on ☐ Beside me, on silent ☐ In another room
☐ I do not have a phone

13 How often do notifications interrupt your homework?

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

14 How often is your work late because time went on social media?

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
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15 Videos or posts online help me understand my subjects.	1	2	3	4	5
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16 How often do you check social media during lessons or lectures?

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

17 Which of these do you use social media for in your schoolwork? (tick all that apply)

- ☐ Class or group chats ☐ Asking classmates about homework ☐ Sharing notes or study files
☐ Revision or explainer videos ☐ Planning group projects ☐ I do not use it for school

School-night sleep

18 On a school night, what time do you usually fall asleep?

- ☐ Before 10 pm ☐ 10 to 11 pm ☐ 11 pm to midnight ☐ After midnight

19 When do you last check social media before sleep?

- ☐ Over an hour before ☐ 30 to 60 minutes before ☐ Under 30 minutes before ☐ I fall asleep using it

Optional questions (2 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

School-night sleep (continued)

20 How often do you check your phone if you wake in the night?

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
21 I feel rested in morning classes.	1	2	3	4	5

Friends, mood and self-image

22 How often do you compare your life with what others post?

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

23 How often do posts make you feel left out?

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

24 In the last month, how often did someone post or send hurtful things about you?

☐ Never ☐ Once ☐ Two or three times ☐ Every week ☐ Almost every day

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
25 Social media gives me a place to share what I make or care about.	1	2	3	4	5

26 How often do you feel you have to show only the best side of your life online?

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

27 If something on social media upset you, who would you talk to? (tick all that apply)

☐ A friend ☐ A parent or family member ☐ A teacher or counselor ☐ Someone online ☐ Nobody
☐ Nothing has upset me

Screen time and self-control

28 Open your phone's screen time report. How many hours did social media apps take yesterday?

29 How often do you stay on social media longer than you planned?

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Optional questions (3 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Screen time and self-control (continued)

30 Have you tried to cut down your social media time?

- ☐ Yes, and it worked ☐ Yes, but it did not last ☐ No, but I would like to ☐ No, I am happy with it

31 What usually makes you open a social media app?

- ☐ A notification ☐ A message from a friend ☐ Boredom ☐ Habit, without thinking
☐ Putting off homework ☐ Looking something up

32 What helps you stay off social media when you need to focus? (tick all that apply)

- ☐ Notifications off ☐ App time limits ☐ Phone in another room ☐ Deleting an app for a while
☐ Studying with friends ☐ Nothing yet

About you (optional)

33 Which stage of education are you in now?

- ☐ Middle school or junior high ☐ High school or senior high ☐ College, first or second year
☐ College, third year or later ☐ Prefer not to say

34 How old are you?

- ☐ 12 or younger ☐ 13 to 15 ☐ 16 to 18 ☐ 19 to 22 ☐ 23 or older

35 What is your gender?

- ☐ Girl or woman ☐ Boy or man ☐ Another gender ☐ Prefer not to say

Thank you. Your answers are anonymous.

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