

Personal technology inventory

Take a couple minutes to answer the questions below. Try not to overthink your responses. When you are done, take a moment to reflect on your answers. Did any of them surprise you? How do you think your peers would answer?

CYBER SWAT

1. I spend an average of ____ hours a day on social media.

0-5 6-10 11-15 16-20 21+

2. The first thing I do when I wake up is check my social media accounts.

Agree 5 4 3 2 1 Disagree

3. I could survive one week without my phone.

Agree 5 4 3 2 1 Disagree

4. Social media makes me feel good about myself.

Agree 5 4 3 2 1 Disagree

5. I know how to use social media responsibly.

Agree 5 4 3 2 1 Disagree

6. Instagram is an accurate depiction of real life. Rev

Agree 5 4 3 2 1 Disagree

7. I use technology to distract myself from things I don't want to think about.

Agree 5 4 3 2 1 Disagree

8. The internet is a good way to access reliable information.

Agree 5 4 3 2 1 Disagree

9. I have a healthy relationship with technology.

Agree 5 4 3 2 1 Disagree

10. I believe that, overall, technology is good for society.

Agree 5 4 3 2 1 Disagree