



Student Survey (Secondary)

You've been invited to help with a university study on how high school students use digital devices. The online survey asks about your everyday screen habits and it takes about 10-15 minutes. It isn't a test and has no right or wrong answers. Taking part is completely up to you—your parent has already given permission, but you're free to skip questions or exit the survey whenever you like—and your responses are confidential because no names or email addresses are collected. The researchers will only see anonymous data, and your teachers, parents and school won't know what you wrote. If anything is unclear, feel free to ask your parents and they can help you email the research team. If you are happy to help, please click "I agree", otherwise you can click "I don't agree"

[I agree] [I don't agree]

In this survey, when we talk about **screens** or **digital devices**, we mean any kind of device with a screen that you can use—like **computers, laptops, tablets** (such as iPads), **smartphones**, or even **smartwatches**. Please think about all the different ways you use these devices, both outside of school and at school, whether for learning, communication, or just having fun. Note that it does not include television or Interactive Whiteboards.

About your Screen Time

Think back to your last *full school day*. Approximately how much time did you spend using digital devices:

	None	Up to 30 min	Up to 1 hour	1-3 hours	3-5 hours	5-7 hours	More than 7 hours
1. at school for learning	☐	☐	☐	☐	☐	☐	☐
2. at school for leisure (e.g., games, social media)	☐	☐	☐	☐	☐	☐	☐
3. outside of school for learning (e.g., homework)	☐	☐	☐	☐	☐	☐	☐
4. outside of school for leisure (e.g., games, social media)	☐	☐	☐	☐	☐	☐	☐

What Did You Use?

On your last full school day, what were the main apps or websites that you used for **learning at school** (e.g., PowerPoint, Education Perfect, MakeCode, YouTube, Canva, EduChat)?

(It's ok if it's fewer than 5 or none, just leave the rest blank.)

Apps	Time Spent
5. App / website 1: _____	____ hours/ ____ mins
6. App / website 2: _____	____ hours/ ____ mins
7. App / website 3: _____	____ hours/ ____ mins
8. App / website 4: _____	____ hours/ ____ mins
9. App / website 5: _____	____ hours/ ____ mins

On your last full school day, what were the main apps or websites that you used for **leisure at school** (e.g., TikTok, Instagram, YouTube, AI Chatbot, Fortnite, Minecraft, Web Comics)?

(It's ok if it's fewer than 5 or none, just leave the rest blank.)

Apps	Time Spent
10. App / website 1: _____	____ hours/ ____ mins
11. App / website 2: _____	____ hours/ ____ mins
12. App / website 3: _____	____ hours/ ____ mins
13. App / website 4: _____	____ hours/ ____ mins
14. App / website 5: _____	____ hours/ ____ mins

On your last school day, what were the main apps or websites that you used for **learning outside of school**?

(It's ok if it's fewer than 5 or none, just leave the rest blank.)

Apps	Time Spent
15. App / website 1: _____	____ hours/ ____ mins
16. App / website 2: _____	____ hours/ ____ mins
17. App / website 3: _____	____ hours/ ____ mins
18. App / website 4: _____	____ hours/ ____ mins
19. App / website 5: _____	____ hours/ ____ mins

On your last school day, what were the main apps or websites that you used for **leisure outside of school**?

(It's ok if it's fewer than 5 or none, just leave the rest blank.)

Apps	Time Spent
20. App / website 1: _____	____ hours/ ____ mins
21. App / website 2: _____	____ hours/ ____ mins
22. App / website 3: _____	____ hours/ ____ mins
23. App / website 4: _____	____ hours/ ____ mins
24. App / website 5: _____	____ hours/ ____ mins

How much is ok?

Do you think there should be a limit on how much screen time someone your age has each school day? If yes, what do you think the limit should be?

	Should there be a limit?			If yes, what the limit should be?
	No/ I don't know/ Yes			
25. At school for learning	☐	☐	☐	____ hours or ____ mins
26. At school for leisure/fun	☐	☐	☐	____ hours or ____ mins
27. Outside of school for learning	☐	☐	☐	____ hours or ____ mins
28. Outside of school for leisure/fun	☐	☐	☐	____ hours or ____ mins

29. Why do you think that? _____

What do you think?

	Never	Rarely	Sometimes	Often	Always
30. Using screens helps me learn better	☐	☐	☐	☐	☐
31. I learn better when I am not using screens	☐	☐	☐	☐	☐
32. Using screens is bad for my health	☐	☐	☐	☐	☐
33. Using screens is good for my friendship	☐	☐	☐	☐	☐

34. I spend too much time playing/ socialising on screens	☐	☐	☐	☐	☐
35. Inappropriate content appears on my screen at school	☐	☐	☐	☐	☐
36. Inappropriate content appears on my screen outside of school	☐	☐	☐	☐	☐
37. I feel safe when using screens for learning at school	☐	☐	☐	☐	☐
38. I feel safe when using screens for learning outside of school	☐	☐	☐	☐	☐
39. I am worried that screen use could affect my privacy.	☐	☐	☐	☐	☐
40. I miss out on learning because I can't access device at home	☐	☐	☐	☐	☐
41. I miss out on learning because there are not enough devices at school	☐	☐	☐	☐	☐

My Habits with Screens

	Never	Rarely	Sometimes	Often	Always
42. I only use devices when I have a clear reason to do it	☐	☐	☐	☐	☐
43. I keep track of the time I spend on my devices	☐	☐	☐	☐	☐
44. I will spend less time on my devices if I have other responsibilities	☐	☐	☐	☐	☐
45. At school, I stop using screens immediately when I am asked to	☐	☐	☐	☐	☐
46. I get easily distracted when I use screens at school	☐	☐	☐	☐	☐
47. I get easily distracted by other people using screens at school	☐	☐	☐	☐	☐
48. I get easily distracted when using screens for homework.	☐	☐	☐	☐	☐

What the adults do

	Never	Rarely	Sometimes	Often	Always
49. My parents are interested in how I use screens	☐	☐	☐	☐	☐
50. My parents spend time with me doing things together on screens	☐	☐	☐	☐	☐
51. My parents are distracted by their screens when I try to talk to them.	☐	☐	☐	☐	☐
52. My parents set limits on the amount of time I can spend on screens	☐	☐	☐	☐	☐
53. My parents speak with me about screen time and digital device use	☐	☐	☐	☐	☐
54. My teachers speak with me about screen time and digital device use	☐	☐	☐	☐	☐

Last Questions

55. What are the benefits of using digital devices to help you learn?

56. Does using digital devices ever make it harder for you to learn? If so, how?

57. What would help you learn better with digital devices at school and at home?

58. Any other comments

59. Are you filling in the survey

- ☐ By myself
- ☐ With an adult