

CHILDREN'S USE OF VIDEO GAMES AND DIGITAL MEDIA

Child's Name: _____

Child's Age: _____

Your Name: _____

Your Age: _____

The purpose of this survey is to learn more about how parents view their children's use of video games and other digital technologies. In addition to asking about your child's digital habits, we will also ask about your own technology use. Please complete this survey for only one child, since many of the questions may have age-specific responses. Thank you for taking the time to complete this survey.

Questions about YOUR CHILD'S use of video games and technology.

1. How often does your child lose focus, become inattentive, and easily distracted when:

Key: N - Never S - Sometimes O - Often A - Always

Playing video games	N	S	O	A
Doing homework	N	S	O	A
Having a conversation with you or others	N	S	O	A
Cleaning their room or doing chores	N	S	O	A
Watching TV	N	S	O	A
Reading	N	S	O	A
Playing with Legos or blocks	N	S	O	A
Playing with dolls or action figures	N	S	O	A
Playing on the computer, using the Internet	N	S	O	A

2. How often does your child fidget, squirm, and appear restless when:

Key: N - Never S - Sometimes O - Often A - Always

Playing video games	N	S	O	A
Doing homework	N	S	O	A
Having a conversation with you or others	N	S	O	A
Cleaning their room or doing chores	N	S	O	A
Watching TV	N	S	O	A
Reading	N	S	O	A
Playing with Legos or blocks	N	S	O	A
Playing with dolls or action figures	N	S	O	A
Playing on the computer, using the Internet	N	S	O	A

3. How often does your child appear disorganized, forgetful, and scattered when:

Key: N - Never S - Sometimes O - Often A- Always

Playing video games	N	S	O	A
Doing homework	N	S	O	A
Having a conversation with you or others	N	S	O	A
Cleaning their room or doing chores	N	S	O	A
Watching TV	N	S	O	A
Reading	N	S	O	A
Playing with Legos or blocks	N	S	O	A
Playing with dolls or action figures	N	S	O	A
Playing on the computer, using the Internet	N	S	O	A

4. On a typical SCHOOL DAY, about how much time does your CHILD spend with each of the following technologies and activities? Please try to be as accurate as possible.

	<u>None</u>	<u>< 30</u> <u>mins.</u>	<u>30-60</u> <u>mins.</u>	<u>60-120</u> <u>mins.</u>	<u>> 120</u> <u>mins.</u>
Watching TV	☐	☐	☐	☐	☐
Reading or doing homework	☐	☐	☐	☐	☐
Playing outdoor sports	☐	☐	☐	☐	☐
Texting/Talking on a cell phone	☐	☐	☐	☐	☐
Doing schoolwork on a computer	☐	☐	☐	☐	☐
Listening to music	☐	☐	☐	☐	☐
Using the Internet	☐	☐	☐	☐	☐
Playing organized sports	☐	☐	☐	☐	☐
Playing video games	☐	☐	☐	☐	☐
Playing with toys or board games	☐	☐	☐	☐	☐

5. On a typical WEEKEND or VACATION, about how much time does your CHILD spend with each of the following technologies and activities? Please try to be as accurate as possible.

	<u>None</u>	<u>< 30</u> <u>mins.</u>	<u>30-60</u> <u>mins.</u>	<u>60-120</u> <u>mins.</u>	<u>> 120</u> <u>mins.</u>
Watching TV	☐	☐	☐	☐	☐
Reading or doing homework	☐	☐	☐	☐	☐
Playing outdoor sports	☐	☐	☐	☐	☐
Texting/Talking on a cell phone	☐	☐	☐	☐	☐
Doing schoolwork on a computer	☐	☐	☐	☐	☐
Listening to music	☐	☐	☐	☐	☐
Using the Internet	☐	☐	☐	☐	☐
Playing organized sports	☐	☐	☐	☐	☐
Playing video games	☐	☐	☐	☐	☐

6. On a typical SCHOOL DAY, about how much time do you spend observing or interacting with your child during the following:

	<u>None</u>	<u>< 30</u> <u>mins.</u>	<u>30-60</u> <u>mins.</u>	<u>60-120</u> <u>mins.</u>	<u>> 120</u> <u>mins.</u>
Watching TV	☐	☐	☐	☐	☐
Reading or doing homework	☐	☐	☐	☐	☐
Playing outdoor sports	☐	☐	☐	☐	☐
Texting/Talking on a cell phone	☐	☐	☐	☐	☐
Doing schoolwork on a computer	☐	☐	☐	☐	☐
Listening to music	☐	☐	☐	☐	☐
Using the Internet	☐	☐	☐	☐	☐
Playing organized sports	☐	☐	☐	☐	☐
Playing video games	☐	☐	☐	☐	☐
Playing with toys or board games	☐	☐	☐	☐	☐

7. Do you monitor the length of time your child plays video games and goes on the computer?

☐ **Never** ☐ **Sometimes** ☐ **Often** ☐ **Always**

8. What best describes your approach to setting limits on your child's time spent with digital media?

- ☐ I do not allow my child to play video games or use the Internet
- ☐ My child is allowed to play video games and use the Internet only on weekends and vacations.
- ☐ My child is allowed to play video games and use the Internet after their homework is completed.
- ☐ My child is allowed to play video games and use the Internet for ____ hours per day.
- ☐ My child is allowed to play video games and use the Internet whenever they want, as long as they are doing well in school.
- ☐ We do not have any specific rules about my child's use of video games and digital media.

9. How many times per week do you:

	<u>0</u>	<u>1</u>	<u>2-4</u>	<u>5-10</u>	<u>10+</u>
Play video games with your child	☐	☐	☐	☐	☐
Ask your child to help you with digital devices	☐	☐	☐	☐	☐
Watch your child play video games	☐	☐	☐	☐	☐
Go online together with your child	☐	☐	☐	☐	☐

10. If your child plays video games, describe the level of concern you have about the following issues:

	<u>Not at all</u>	<u>Mildly</u>	<u>Somewhat</u>	<u>Concerned</u>	<u>Extremely</u>
Amount of time playing video games	☐	☐	☐	☐	☐
Lack of physical activity due to video game play	☐	☐	☐	☐	☐
Willingness to stop playing when told	☐	☐	☐	☐	☐
Violence in video games	☐	☐	☐	☐	☐
“Addiction” to video game play	☐	☐	☐	☐	☐
Lack of interest in other activities due to video game play	☐	☐	☐	☐	☐
Distraction from homework or chores due to video game play	☐	☐	☐	☐	☐

11. How much do you believe video games can help your child in the following areas:

	<u>Not at all</u>	<u>A little bit</u>	<u>Somewhat</u>	<u>Quite a bit</u>	<u>A great deal</u>
Adaptability and compromise	☐	☐	☐	☐	☐
Writing skills	☐	☐	☐	☐	☐
Problem solving	☐	☐	☐	☐	☐
Planning skills	☐	☐	☐	☐	☐
Sustaining focus	☐	☐	☐	☐	☐
Memory	☐	☐	☐	☐	☐
Mathematics	☐	☐	☐	☐	☐
Understanding of self and others	☐	☐	☐	☐	☐
Making friends	☐	☐	☐	☐	☐
Self-control	☐	☐	☐	☐	☐
Reading	☐	☐	☐	☐	☐
Physical benefits (hand/eye coordination)	☐	☐	☐	☐	☐
Teamwork and collaboration	☐	☐	☐	☐	☐
Time management	☐	☐	☐	☐	☐

12. How many minutes do YOU spend on a typical day (including work time):

	<u>None</u>	<u>Less than 30 minutes</u>	<u>30-60 minutes</u>	<u>60-120 minutes</u>	<u>More than 120 minutes</u>
Watching TV	☐	☐	☐	☐	☐
Using the Internet (at home and work)	☐	☐	☐	☐	☐
Using your cell phone to talk and text	☐	☐	☐	☐	☐
Playing video games	☐	☐	☐	☐	☐
Using computer software or mobile apps	☐	☐	☐	☐	☐

13. Which statement best describes your interest and expertise with video games, apps and other digital technologies (cell phones, iPods, the internet):

- ☐ I am not routinely interested in technology and do not play video games and use a cell phone only occasionally
- ☐ I occasionally play with games and apps, use my phone and text, and use the Internet
- ☐ I use the computer and Internet regularly at home and work and use games and apps on mobile devices
- ☐ I use technologies in all aspects of my life, enjoy games and apps, and am comfortable with technology
- ☐ I am an avid gamer, always have my cell phone or tablet with me, regularly text, Facebook, and tweet

Do you have any further thoughts or concerns about your child's use of video games and digital media that you would like to share? Please write in the space below. (Optional)
