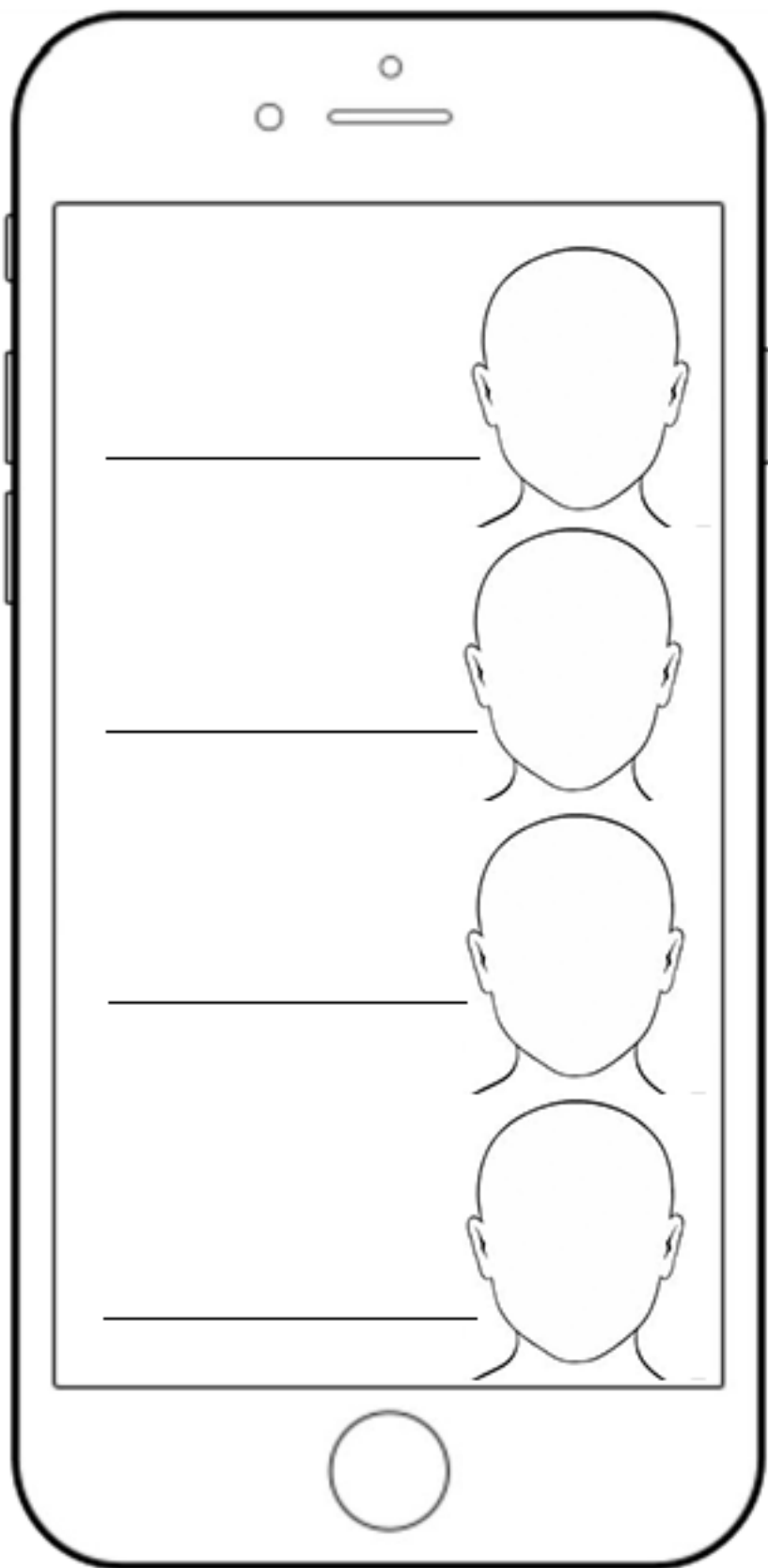


Important people that I connect with on my phone (feel free to draw their face)



My favorite apps

List your favorite apps and what you like about it:

App #1:

What I like about it:

App #2:

What I like about it:

App #3:

What I like about it:

App #4:

What I like about it:

When do I use my cell phone? Check the boxes below for times of day when you are likely to use your cell phone:



Right when I wake up On the way to school At school During lunch Right after school in the evening Before/in bed

☐☐☐☐☐☐☐

Sometimes using our phones can be helpful for things and sometimes they can cause problems. IN the lists below write all the things that the phone is helpful for and all the ways it causes problems

WAYS USING MY PHONE IS HELPFUL

WAYS THAT USING MY PHONE CAN CAUSE PROBLEMS

Sometimes people can bother or annoy us about using our phone. List some of the annoying things people have said to you about using your Phone

What are some things that people (your family for example) don't understand about how you use your phone:

If you didn't have a phone what would you do differently?

Sometimes people use their phones to avoid stressful situations, uncomfortable feelings in our body, or difficult thoughts. What are some situations, feelings, or thoughts that you may be trying to avoid?

Try to think of an example of each and write or draw them in the boxes below:

Stressful situation:

Uncomfortable thought:

Uncomfortable feeling/emotion:

If you didn't use your phone to avoid these uncomfortable situations, emotions, or thoughts, how would you take care of yourself? Write or draw below:

Do you feel that you use your phone too much?

☐ yes ☐ No

Do you feel that some things might be better if you used your phone less?

☐ yes ☐ No

If you used your phone less, would you be bored?

☐ yes ☐ No

Do you know how many hours a week you use your phone?

☐ yes ☐ No

If you were going to use it less, could you do this on your own, or would you need help?

☐ on my own ☐ would need help

If you were going to use your phone less, how much less per day?

☐ 10-30 minutes ☐ 30 min-1 hr ☐ 1-2hr ☐ 2-4hr ☐ 5- 8 hr