



QUESTIONNAIRE ON THE USE OF NEW TECHNOLOGIES - children 6-9 years old

Question:	COLOR	COLOR	COLOR
1. What do you do when you come home from school?	I actively spend time with other children, go to trainings, extracurricular activities	I play alone - I draw, I play with blocks	I play on the Internet, I use a smartphone, I play video games/online games, I play on a console
2. How long do you use the Internet/devices after returning from school?	I use it very rarely or not at all	My parents tell me as much as I can and they limit me to 1 hour a day	I can use as much as I want
3. What internet features/devices do you use?	I call my parents, listen to music, take pictures.	With none in particular, I browse through various options on the internet/smartphone until I find something.	I use messengers (Messenger, WhatsApp, Instagram, Tik Tok), play online games, watch movies/series, videos on YouTube,
4. When do you use the Internet/devices most often?	When I have free time and I will arrange it with my parents/guardians	When I'm bored and have nothing to do	When I want to feel joy, satisfaction because I'm sad / sad and my day wasn't good.
5. Do your parents/guardians get angry with you because you use the Internet/devices?	No, that doesn't happen.	Sometimes it does, but very rarely	Yes, they are often angry about it
6. Do you have duties that you have to fulfill after school, e.g. doing homework, walking the dog, tidying up, helping parents, other?	Yes, I have a daily plan and responsibilities.	Sometimes I have to do something after school.	No, I have no responsibilities.





Results submit :

COLOR GREEN: The child has a well-planned time, spends it actively without feeling bored. According to his age, he also has scheduled responsibilities. Uses the Internet/smartphone occasionally after agreeing with parents/guardians. Then it is worth observing safe time limits (up to 1 hour a day).

COLOR YELLOW : The child has a set limit for the use of the Internet / smartphone, which is definitely a plus. Due to the low activity, they often get bored and this prompts them to look for entertainment in the virtual world. It is worth looking at and creating opportunities to spend time with peers, pursue hobbies in a real environment to prevent the search for pleasure online.

RED COLOUR: The child is out of control, most of his activities and pleasures are carried out online (social contacts, hobbies, free time). He begins to translate emotions into the virtual world and change them from unpleasant to pleasant. Make a home plan and bring your child to YELLOW internet/smartphone use.

The questionnaire concerns the use of new technologies - INTERNET / DEVICE - smartphone, Smart TV, games on the console, computer / laptop.

The key factors in the use of new technologies are: time spent in front of the screen, emotions experienced in connection with it (felt pleasure, change of emotions from unpleasant to pleasant) and satisfying the child's psychosocial needs thanks to technology (developing hobbies, relationships and other unrealized in the real world) .