

# Training Handout

Dr. KC

How much time do you spend on computer every day?

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How much time do you spend on phone every day?

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How often do you see others bury on screen time around you?

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How much screen time do your children have every day?

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What social media do you use most every day?

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How much time do you spend on social media every day?

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How often do you think about social media when you are not using it during the day?

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How often do you feel the urge or the desire to check social media when there is no need in reality?

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Are you addicted to social media or screen time?

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Are you willing to make changes on your usage of social media or screen time?

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