**SELF-EVALUATION WORKSHEET**

|  |
| --- |
| **Thematic Field:** Practices  **Title:** Screentime  **Last edit:** 02/07/2018 |

**Authors**: CTIP – Greek School Network and Networking Technologies Directorate –eSafetyLabel+ Ambassadors Team

# Worksheet

Quiz about the screentime I spend at home or out of it. Mark with a  or 

|  |  |
| --- | --- |
| 1. I sometimes play games or watch movies on my favourite screen along with my parents. |  |
| 1. I do not let my parents know which site or movies I'm watching. |  |
| 1. I use my favorite device only in my room. |  |
| 1. I use my favorite device in a home space where I can easily ask for help from an older one (siblings, parents) when I need to. |  |
| 1. I do not have specific days and hours when I can play games or watch movies on my favorite device. |  |
| 1. I can play games and watch movies for as long I want. |  |
| 1. I take care not to miss my walk, my play in the yard or the playground rather than continue playing a bit more with my favorite device. |  |
| 1. Many times, I choose to eat in front of my favorite device's screen. |  |
| 1. I have a contract with my parents with rules on the time and the way I use digital devices. |  |
| 1. When I watch a movie or play a game on my digital devices, I first look at the age for which it is addressed. |  |
| 1. In my room there is a TV and a PC. |  |
| 1. I program which movie I will watch on the TV and when I finish it I close it. |  |
| 1. Usually, when I eat, I watch a movie on my TV or laptop. |  |
| 1. I often play table games and make puzzles with my parents. |  |
| 1. I know that sedentary life is not good for my health. |  |
| 1. I like to eat my food watching TV or playing pc games |  |

**Copyright Notice:**

This work is licensed under the Creative Commons Attribution-Noncommercial 3.0 License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc/3.0/> or send a letter to Creative Commons, 171 Second Street, Suite 300, San Francisco, California, 94105, and USA. The work must be attributed by attaching the following reference to the copied elements: “Copyright © Members of the eSL+ project, 2017”. See <http://www.esafetylabel.eu/> for details of the eSL+ project. Using this document in a way and/or for purposes not foreseen in the license, requires the prior written permission of the copyright holders. The information contained in this document represents the views of the copyright holders as of the date such views are published.

Γραφική σύνοψη για την έκδοση της 12:04, 14 Αυγούστου 2012

**Funding**

Co-funded by the Erasmus+ of the European Union. Call 2017, Strategic Partnerships for school education, Key Action 2 – Cooperation for Innovation and the Exchange of Good Practices, Project Code 2017-1-EL01-KA201-036242.