



FACILITATOR'S GUIDE FOR THE "ARE YOU IN CONTROL OF YOUR PHONE?" QUIZ

PAUSE

OBJECTIVE:

This quiz-style activity can be done with young people and teens at a booth or another event to help them become more aware of their relationship with their smartphone.

HOW IT WORKS:

- Print the five scenarios (double-sided) and place them where they are clearly visible on a table.
- Each scenario is answered with a Yes or No. It is also associated with two specific tips selected from the complete list of 10 tips.
- For each scenario the student identifies with, you can read the corresponding “Did you know?” summary and the two tips on the back.
- These scenarios can be used to start a conversation with young people and teens.
- Based on the number of Yes answers, you can also tell the young person which user profile they fall into. The quiz has three possible profiles.

QUESTIONS TO EXPLORE THE DISCUSSION FURTHER:

01. Does your result surprise you?
02. Whether it does or not, what surprises you about it?
03. What impact do you think your phone use has on your life (for example, on your studies, health, or relationships with friends or family)?
04. Can you describe a situation where you think you could have managed your phone use differently, or where it caused you to experience unpleasant emotions?

This short quiz was developed in collaboration with a team of researchers from McGill University, and the tips have been shown to be among the most effective strategies for helping smartphone users better manage their use.

The quiz is also available online here:

<https://pauseyourscreen.com/quiz-phone/>



**In class, my phone
is always in
my hand: they don't
call me the king
or queen of
multitasking
for nothing.**

YES

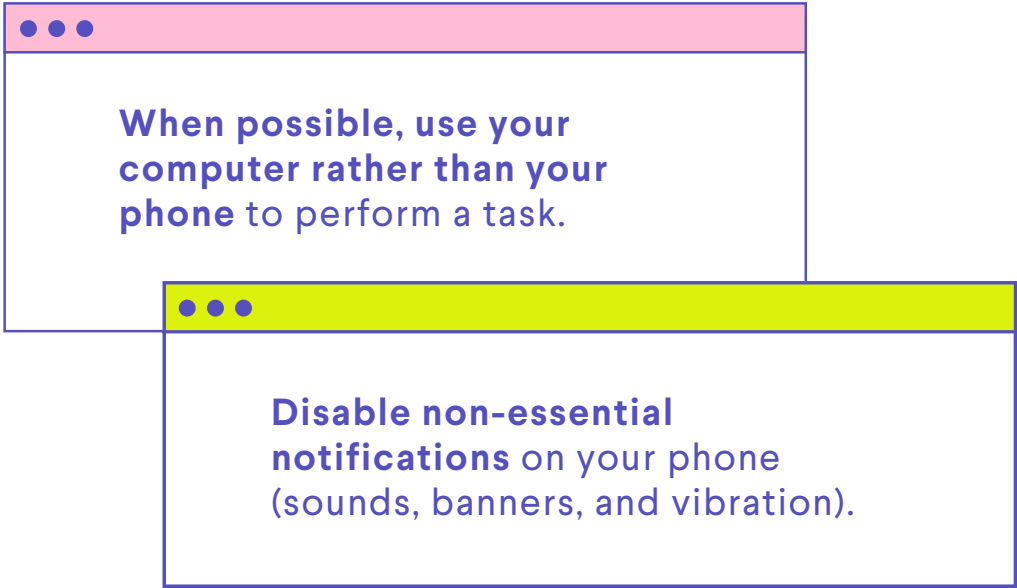
NO

DID YOU KNOW?

You get about 80 notifications per day, which means 1 every 12 minutes you're awake! With all this digital distraction, it's not surprising that you end up losing focus or being less efficient during school or work.

Think twice before multitasking with your phone!

HERE ARE 2 TIPS TO HELP YOU:



When possible, use your computer rather than your phone to perform a task.

Disable non-essential notifications on your phone
(sounds, banners, and vibration).

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**I'm constantly
replying on Messenger
and following the
latest stories shared
by my friends
on Instagram.**

YES

NO

DID YOU KNOW?

On average, you spend 1 hour and 49 minutes per day just for fun on social media, which adds up to almost 28 days per year!

Talk about a time vortex that sucks in all the time you want to dedicate to other things!

HERE ARE 2 TIPS TO HELP YOU:

Hide social media, messaging and game apps from your home screen (TikTok, Instagram, Snapchat, YouTube, Among Us, Tinder, etc.). Move them to a folder or, even better, uninstall them until you feel more in control of your phone use.

Let your friends, family and coworkers know that you won't respond as quickly, so if they want to reach you right away, well, they need to call you!

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**Before going
to sleep, I'm glued
to my phone,
and I even check it
during the night,
in bed when
I should
be sleeping.**

YES

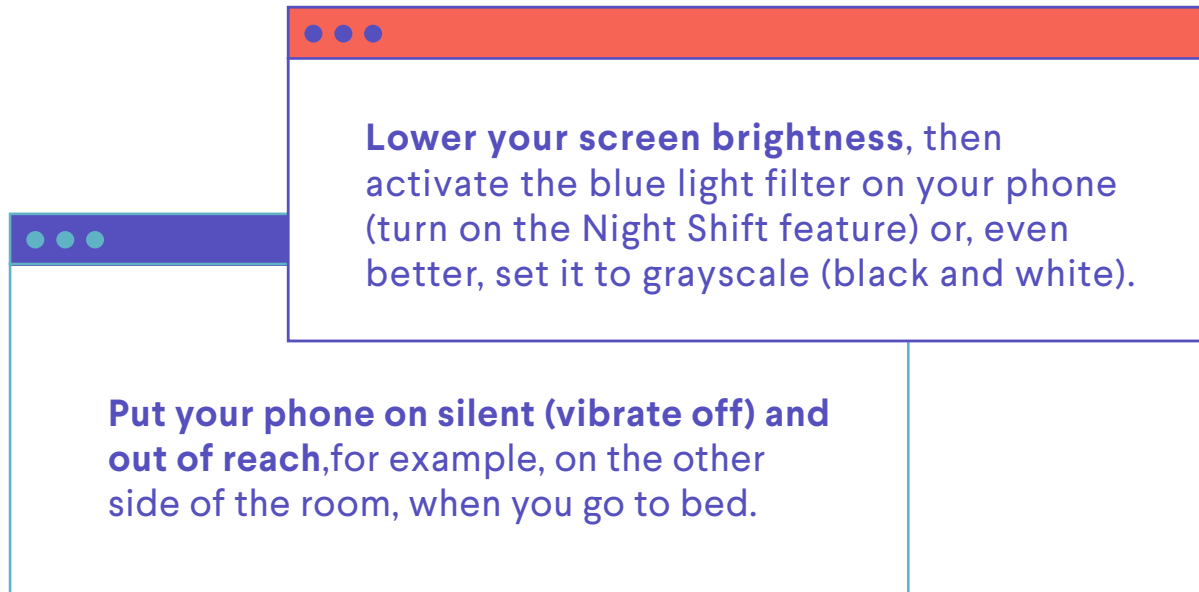
NO

DID YOU KNOW?

The blue light on your screen can suppress the production of melatonin (the sleep hormone), and the stimulation caused by texting or checking your TikTok account can disrupt your sleep. That's no joke!

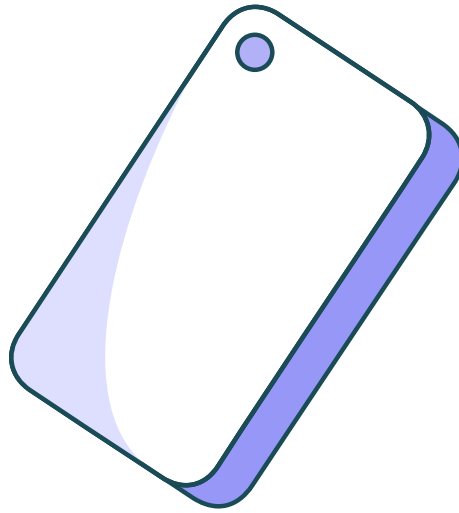
Plus, don't forget how easy it is to lose track of time or skip your ideal bedtime when you're immersed in your newsfeed.

HERE ARE 2 TIPS TO HELP YOU:



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**"Put your
phone down!"
is pretty much what
I hear all the time.**

YES

NO

DID YOU KNOW?

Every day, several times a day, your phone causes technoference, i.e., all those interruptions that happen when you use your phone around other people.

HERE ARE 2 TIPS TO HELP YOU:

Keep track of your digital habits, either by turning on your phone's Screen Time feature or by downloading a relevant app.

Use a password to unlock your phone screen instead of the fingerprint or facial scanner.

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NO

DID YOU KNOW?

Just having your phone within sight can affect your working memory and problem-solving ability, even if your device is on silent mode.

Yup, the fear of missing a notification on your screen can really distract you!

HERE ARE 2 TIPS TO HELP YOU:

Not using your phone? Put it **on silent and turn off vibration** before setting it facedown to keep it **out of sight... and out of reach!**

Leave your phone at home when you don't need it, for example, when you go for a walk or have dinner as a couple, run errands, go biking, etc.

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YOUR PROFILE

Gold level

Result = 0 to 1 "YES"

Zen Use

Your downright cool, pretty hands-off use, lets you enjoy the upsides of a smartphone without the downsides. To you, your phone is just one of many tools that you use at particular times for particular tasks or occasionally for fun.

On a personal level, you use your phone to stay in touch with friends and family, but it's not the end of the world if you miss a text or a call. You'll get back to them when the time is right for you. You have the same attitude when it comes to everything that comes across your screen. In fact, if the expression JOMO (Joy of Missing Out) didn't exist, you probably would have invented it! You also know that always having your phone within reach is unnecessary.





YOUR PROFILE

Silver level

Result = 2 to 3 "YES"

Balanced Use

Your measured use allows you to enjoy the advantages of your phone while avoiding its potential pitfalls, at least most of the time, since the perfect digital balance isn't easy to reach considering everything that pushes you to connect!

Your phone is your tool of choice to stay informed, connected and entertained. And it's never far away. You know how to use it wisely, BUT, you do sometimes scroll non-stop, rewrite your Insta post a dozen times, or get so into a video game that you lose all sense of time. Fortunately, you quickly get back on track. For you, technoference is a part of life, but you make sure to limit its negative effects on your relationships.

YOUR DIGITAL MOTTO?

**Mindful connections
for less phone obsession.**



YOUR PROFILE

Bronze level

Result = 4 to 5 "YES"

Codependant Use

You and your phone are one. It's always in your hand or in your pocket. You often use it automatically, to the point of ignoring other ways of communicating, in order to keep up to date with what's happening online, connect with friends and family, and be entertained.

The notorious FOMO (Fear of Missing Out) can lead you to use your phone everywhere and all the time, whether you're surrounded by family and friends or not, which can make you feel a bit lame, unless it's to help you better cope with your social anxiety. But one thing is for sure, this constant technoference creates distance between you and others. Stay vigilant so that your, sometimes excessive, phone use isn't at the expense of your relationships, concentration, sleep, and mental balance. You may well be a tech pro, but hyperconnectivity has more negative than positive effects on your well-being. But nothing is set in stone!

YOUR DIGITAL MOTTO?
**Disconnect better
to (re)connect.**

10 TIPS TO USE YOUR PHONE LESS (AND BETTER)

PAUSE

01

Disable non-essential notifications on your phone (sounds, banners, and vibration).

02

Not using your phone? Put it on **silent and turn off vibration** before setting it facedown to keep it **out of sight... and out of reach!**

03

Use a password to unlock your phone screen instead of the fingerprint or facial scanner.

04

Put your phone on silent (vibrate off) and out of reach, for example, on the other side of the room, when you go to bed.

05

Lower your screen brightness, then activate the blue light filter on your phone (**turn on the Night Shift feature**) or, even better, set it to grayscale (black and white).

06

Hide social media, messaging and game apps from your home screen (TikTok, Instagram, Snapchat, YouTube, Among Us, Tinder, etc.). Move them to a folder or, even better, uninstall them until you feel more in control of your phone use.

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When possible, use your computer rather than your phone to perform a task.

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Let your friends, family and coworkers know that you won't respond as quickly, so if they want to reach you right away, well, they need to call you!

09

Leave your phone at home when you don't need it, for example, when you go for a walk or have dinner as a couple, run errands, go biking, etc.

10

Keep track of your digital habits, either by turning on your phone's Screen Time feature or by downloading a relevant app.

Based on 10 recommendations shown to be effective by research supported by the Canada First Research Excellence Fund, awarded to the Healthy Brains for Healthy Lives initiative at McGill University.

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