

**SOCIAL MEDIA SURVEY**  
**YEAR \_\_\_\_\_**



**Please be honest with your answers.**

**DO NOT** write your name on the paper

**DO** write your year group.

1.-Are you happy with the amount of time you spend on social media? - Y/N

2.-Do you use these apps?

- WhatsApp- Y/N
- Instagram- Y/N
- Snapchat Y/N
- Facebook Y/N
- Pinterest Y/N

3- Please answer the following questions if you use “WhatsApp.” **Tick your reply**

Do you use this: -

- a) Frequently throughout the day and night
- b) Three or four times a day
- c) Once a day
- d) Do you ever **receive** messages that make you feel fed up, sad, angry or upset? Y/N
- e) Do you ever **send** messages which you know could hurt someone’s feelings? Y/N

4- Please answer the following questions if you use “Instagram.” **Tick your reply**

If you post photographs do you post-

- a) Frequently throughout the day and night
- b) Three or four times a day
- c) Once a day
- d) Once a week
- e) Less frequently than this
- f) How do you feel when you post a photograph? (Write a brief answer below)
  
- g) How long before you check for “likes”? (Write a brief answer below)
  
- h) How do you feel if you don’t get any “likes”? (Write a brief answer below)
  
- i) How many “likes” make you really happy? (Write a brief answer below)



5 -Please answer the following questions if you use “Facebook.” **Tick your reply**

Do you use this? -

- a) Frequently throughout the day and evening
- b) Three or four times a day
- c) Once a day
- d) How often do you change your profile picture? (Write a brief answer below)

6-Please answer the following questions if you use, “Snapchat.” **Tick your reply**

Do you use this: -

- a) Frequently throughout the day and night
- b) Three or four times a day
- c) Once a day
- d) Do you ever **receive** messages/images that make you feel fed up, sad, angry or upset? Y/N
- e) Do you ever **send** messages/images which you know could hurt someone’s feelings? Y/N

7-Do you follow any “vloggers”? Y/N

8- If you do follow “vloggers” can you name some favourites?

9-Do you take your phone or other electronic device to bed with you? Y/N

10- Do you switch your phone or device to Aeroplane mode before you sleep? Y/N

11. - Do you think your use of Social Media affects your friendships and lifestyle? Y/N

12. - Are you happy with the way Social Media is a part of your life? Y/N

13. – Do you sometimes feel that Social Media takes up too much of your time? Y/N

14.- Would you find it hard to stop using Social Media for 1 week? Y/N

Please feel free to add any information, questions, worries, positive statements regarding Social Media.

