

How long do you spend online on a school day

	None	Less than 1 hour	1-2 hours	2-3 hours	3-4 hours	More than 4 hours
Yr 6	1	6	8	6	1	1
Yr 5	3	20	2	3		
Yr 4		21	4	3	1	
	4	47	14	12	2	1

How long do you spend online on a non-school day

	None	Less than 1 hour	1-2 hours	2-3 hours	3-4 hours	More than 4 hours
Yr 6	1	6	8	6	1	1
Yr 5	2	8	9	6	1	2
Yr 4		8	7	6	6	2
	3	22	24	18	8	5

Main activities you spend time doing online?

	Year 6	yr5	yr4	Totals
Playing online games	10	13	15	38
Watching Youtube	12	8	16	36
Roblox	7	2	10	19
Watching TV or I player	6	3		9
Playing mine craft	3	1	4	8
Watching Netflix	3	5		8
Research/google		4	4	8
Friv	2		6	8
Chatting to friends on social media app	4	1	2	7
Musically	6			6
Fortnite (+12)			5	5
Mathletics/easymaths/RM	2	1	2	5
Xbox Playstation games (on	2	2	1	5
Sporkle			4	4
Watching videos	2		1	3
Homework	2			2
Snapchat	1		1	2
Make videos	1			1
Looking at pictures	1			1
Listening to songs			1	1
Starwars battlefront (+16)			1	1
Yarn (16+)	1			1
Shopping		1		1
CBBC website			1	1
Email		2		2
Making powerpoints			1	1
Scratch		1		1
Audible/E books			1	1
None		2		2

Does your family set any rules for the amount of time you can spend online

	Yes	No
Yr 6	17	6
Yr 5	20	8
Yr 4	20	9
	57	23
%	71.25	28.75

yr 6
 Weekends 1hr 30 max
 1hr week, 3hrs weekends
 1 hr a day
 1-2hrs screentime per day
 Don't share details
 Only TV on weekdays
 Homework then as long as I want
 Don't spend all day on it
 20mins I pad & 1hr TV

yr 5
 No devices after 7.30, 6pm, 7pm
 weekends only 2 hrs until 12 yrs
 30 or 20 mins week, free at weekend
 I am on a timer
 No screens before school
 No screens after dinner
 I earn time
 Ask permission to go online
 Only TV on school days
 Weekends after 3pm

yr 4
 Time limiter app
 3 hours only
 weekends only
 Homework first
 No online strangers
 After 3pm only
 Off at 7pm
 30/40 mins per day
 Weekend or when friends visit

Do you experience any of the following after spending time online

	Yr 6	5	4		
Headache	5	2	3		10
Sore from holding a device	1	3	5		9
Sore eyes	1	0	4		5
Dizzy	2	2	2		6
Bored	3	5	5		13
Moody	2	3	5		10
Hard pay attention to tasks	1	4	10		15
Trouble getting to sleep	4	3	4		11
Tired	1	2	5		8
Neck ache	2	0	1		3
None of the above	8	11	7		26

Do you have your phone or tablet in your room overnight?

	Yes	No	Don't own one
Yr 6	7	15	1
Yr 5	10	12	6
Yr 4	8	13	8
	25	40	15

I can have the phone in my room and play on it when I wake up until 10am

% 31.25 50 18.75

Would you like to spend more time offline with family?

	Yes	No	Sometimes/Maybe
Yr 6	14	2	7
Yr 5	19	5	4
Yr 4	23	4	1
	56	11	13
%	70	13.75	16.25

Yes my family are always on their phones

Would you like to spend more time offline with friends?

	Yes	No	Sometimes/Maybe
Yr 6	14	4	5
Yr 5	22	3	3
Yr 4	22	5	2
	58	12	10
%	72.5	15	12.5

Would you like to spend more time online?

	Yes	No	Sometimes/Maybe
Yr 6	3	11	10
Yr 5	5	20	2
Yr 4	13	14	2
	21	45	14
%	26.25	56.25	17.5