



Digital habits QUIZ

start now





Instructions

1

Answer 10 questions about your digital habits.

2

Choose the correct answer from A, B, C, or D.

3

Count your points and find out: What kind of digital teen are you?



DIGITAL HABITS QUIZ

Question 1

What do you do when you wake up?

- A. I check my phone immediately.
- B. I check my messages.
- C. I don't check my phone.

Question 4

How often do you post something?

- A. Very often.
- B. Sometimes.
- C. Rarely or never.

Question 7

How often do you message your friends?

- A. All the time.
- B. Every day.
- C. When I have something to say.

Question 10

What's your perfect evening?

- A. Scrolling TikTok, Instagram or YouTube.
- B. Chatting and sharing funny things.
- C. Doing something offline.

Question 2

How often do you check your phone?

- A. Every few minutes.
- B. Many times a day.
- C. Only when I need it.

Question 5

You have 10 free min. What do you do?

- A. I scroll social media.
- B. I message my friends.
- C. I do something offline.

Question 8

You see an interesting video. What do you do?

- A. I watch it and watch another one..
- B. I send it to my friends.
- C. I watch it and move on.

Question 3

What do you usually do online?

- A. Scroll social media for hours.
- B. Message my friends and share things.
- C. Watch or do something specific.

Question 6

Your phone battery is 5%. What do you do?

- A. I need a charger NOW! 🙄
- B. I tell my friends my phone is dying.
- C. No problem.

Question 9

How much time do you spend online after school?

- A. Several hours.
- B. A few hours chatting with friends.
- C. About an hour or less.





YOUR RESULT



A = 2 points

B = 1 point

C = 0 points

0–6 points → 🌿 DIGITAL MINIMALIST

7–13 points → 🦋 SOCIAL BUTTERFLY

14–20 points → 📱 ALWAYS ONLINE





RESULTS



DIGITAL MINIMALIST

You usually spend time offline and you don't check your phone every few minutes. You rarely post and you don't spend hours scrolling. You like your digital life, but you also enjoy the real world.



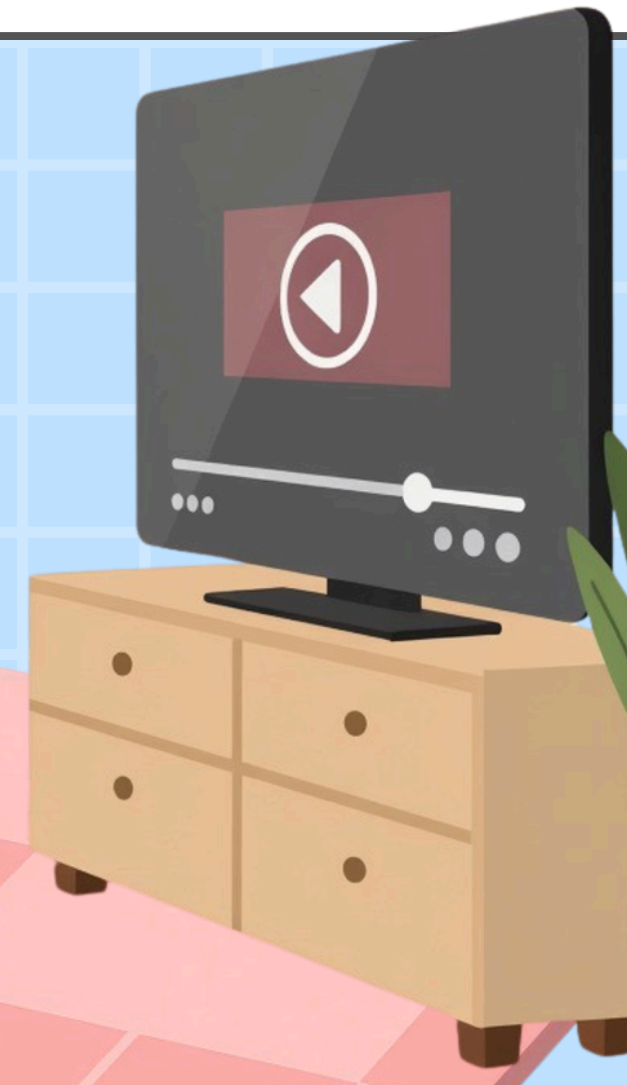
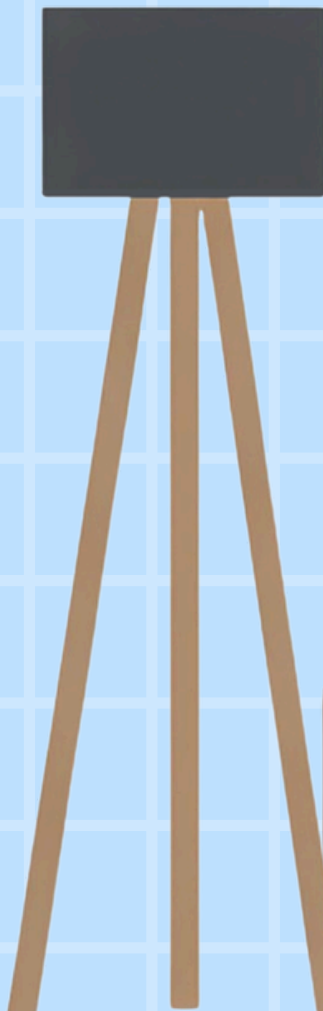
SOCIAL BUTTERFLY

You love chatting, sharing and keeping in touch with people. You often message your friends and send them funny videos, photos and memes. For you, social media is mainly about people 



ALWAYS ONLINE

Your phone is basically your best friend  You check your phone a lot and you always know what's happening online. You scroll, watch, message, post and share. Five minutes without your phone? Impossible!





EXPLORE THE FULL LESSON

Explore the full lesson on our website.



Get the full lesson

The complete lesson includes:

- ✓ Present Simple practice
- ✓ Question Words practice
- ✓ Adverbs of Frequency practice
- ✓ Interactive activities
- ✓ Ready-to-use lesson materials

