02

My Digital Profile

Self-reflection quiz for teachers - your own digital habits

HOW TO USE THIS QUIZ

- Answer each of the 15 questions honestly - no one else will see your results.
- Tick one response per row and total your score at the end.
- Repeat the quiz every quarter to track changes in your habits over time.
- Results can serve as a starting point for a staff wellbeing conversation.
- Why does this matter? Pupils immediately notice when a teacher preaches "put your phone down" while checking notifications. Credibility starts with self-awareness.

#	Question	Never (0 pts)	Rarely (1 pt)	Sometimes (2 pts)	Often (3 pts)	Always (4 pts)
1	How many hours per day do you estimate you spend with your phone in hand (including checking)?	☐	☐	☐	☐	☐
2	Do you check your phone within the first 10 minutes of waking up?	☐	☐	☐	☐	☐
3	Do you use your phone during conversations with pupils or during breaks?	☐	☐	☐	☐	☐
4	Do you find yourself checking notifications during lessons you are teaching?	☐	☐	☐	☐	☐
5	Do you look at a screen (phone, tablet, laptop) before falling asleep?	☐	☐	☐	☐	☐
6	Do you feel anxious or uneasy when you have no access to your phone for more than 2 hours?	☐	☐	☐	☐	☐
7	Has your phone use ever caused you to be late or forget something important?	☐	☐	☐	☐	☐
8	Do you scroll social media without a specific purpose (out of habit or boredom)?	☐	☐	☐	☐	☐
9	When waiting (in a queue, at a bus stop), do you immediately reach for your phone?	☐	☐	☐	☐	☐

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#	Question	Never (0 pts)	Rarely (1 pt)	Sometimes (2 pts)	Often (3 pts)	Always (4 pts)
10	Have family members or colleagues ever commented on your excessive phone use?	☐	☐	☐	☐	☐
11	Do you sleep with your phone in bed or on your bedside table with sound on?	☐	☐	☐	☐	☐
12	Do you check for notifications even when you have not heard any alert?	☐	☐	☐	☐	☐
13	Have you ever felt you might miss something important when away from your phone?	☐	☐	☐	☐	☐
14	Do you reach for your phone instead of reading a book or a printed article?	☐	☐	☐	☐	☐
15	Can you focus on a long piece of text (article, document) without reaching for your phone?	☐	☐	☐	☐	☐

MY TOTAL SCORE: _____ / 60

SCORING KEY

0–15 pts	**Excellent digital balance**	Your habits are exemplary. Consider sharing your strategies with colleagues.
16–30 pts	**Moderate dependency**	Most habits are healthy, but a few areas would benefit from small adjustments.
31–45 pts	**Significant screen dependency**	Your phone use may be affecting your effectiveness and your wellbeing and work-life balance.
46–60 pts	**You may benefit from reviewing your digital habits with a trusted colleague or wellbeing lead. This score is a prompt for reflection, not a diagnosis.**	Consider consulting a wellbeing specialist or a digital wellness coach.

3 THINGS I CAN CHANGE STARTING TODAY

- _____
- _____
- _____

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