Parenting Style Assessment: Technology Use Questionnaire

Instructions: Please read each statement and rate how much you
agree with it on a scale of 1 to 5. (1 is never and 5 is almost always)

1. I set clear rules for my child's screen time.

<div align="center">1   2   3   4   5</div>

2. I regularly discuss online safety and digital etiquette with my child.

<div align="center">1   2   3   4   5</div>

3. I encourage my child to use technology for educational purposes more than for entertainment.

<div align="center">1   2   3   4   5</div>

4. I monitor the content my child consumes on digital devices.

<div align="center">1   2   3   4   5</div>

5. I model healthy technology use by managing my own screen time responsibly.

<div align="center">1   2   3   4   5</div>

6. I provide opportunities for my child to engage in offline activities
(e.g., sports, reading, family time).

<div align="center">1   2   3   4   5</div>

7. I feel comfortable discussing my child's digital experiences and challenges openly.

<div align="center">1   2   3   4   5</div>

8. I support my child in developing tech-related skills (e.g., coding, video editing).

<div align="center">1   2   3   4   5</div>

9. I encourage my child to express their thoughts about online friendships and social media.

<div align="center">1   2   3   4   5</div>

10. I help my child set personal goals around their technology use (e.g., time limits, balancing activities).

<div align="center">1   2   3   4   5</div>

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Reflection Questions:

- What patterns did you notice in your responses?

- Are there specific areas you feel could use more attention or improvement?

- How can you create a more balanced approach to technology use in your family?