



I use my phone to ...

never / rarely
sometimes
often

- 0 1 2 **wake up**
as an alarm clock or morning radio
- 0 1 2 **feel safe**
to keep it close as you walk home at night or in case of emergency
- 0 1 2 **stay healthy**
apps that support physical or mental health
- 0 1 2 **get around**
to plan a route or take public transport
- 0 1 2 **work**
to learn new skills, do homework or earn money
- 0 1 2 **access public services**
to display identification or abide by laws
- 0 1 2 **plan ahead**
as a calendar or to check the weather
- 0 1 2 **record**
as a camera, video or voice recording
- 0 1 2 **communicate**
to stay in touch with friends and family, meet new people and share content
- 0 1 2 **have fun**
to play games, watch videos and listen to music

Count up your score: _____ /20

Add your score to the 'How Connected Are You?' scale.