

Results of the Quiz:

- *8-10 positive answers:* You are overly involved with the internet and this is recorded by your long hours of engagement with it. Most of the time you think about how you will navigate again and again. You get angry all the time and cause constant tensions with your family members. It is also worth noting that many times you lose track of time and cannot limit the time you spend online, which has negative consequences both on your activities and your performance at school. You often feel sleepy and disorganized psychologically, socially, and academically. There seems to be a serious problem of internet addiction. For this reason, re-read the questions in the above game and try to work constructively to reduce the time spent online.

- *5-7 positive answers:* You are quite involved with the internet and this was recorded by your long engagement with it. Try to control your relationships with others and, most importantly, with your family. You must immediately reduce your hours of engagement with the internet, because you are in the "antechamber" of addiction. Notice also how does your body respond when you spend more than 3-4 hours on the Internet (musculoskeletal problems, vision, drowsiness)? For this reason, re-read the questions in the above game and try to work constructively to reduce the time spent online. You may want to look for more creative ways to engage with the internet, combining digital web applications, programming tools and serious games that promote digital skills. For help and advice you can discuss with your parents and your school teachers.
- *Less than 5 positive responses:* You deal with the internet within a reasonable framework and this was recorded by your answers. However, you can improve your online behavior and see where you need self-control and adapt to gentler conditions of internet use. You may want to look for more creative ways to engage with the internet, combining digital web applications, programming tools and serious games, which promote digital skills.