



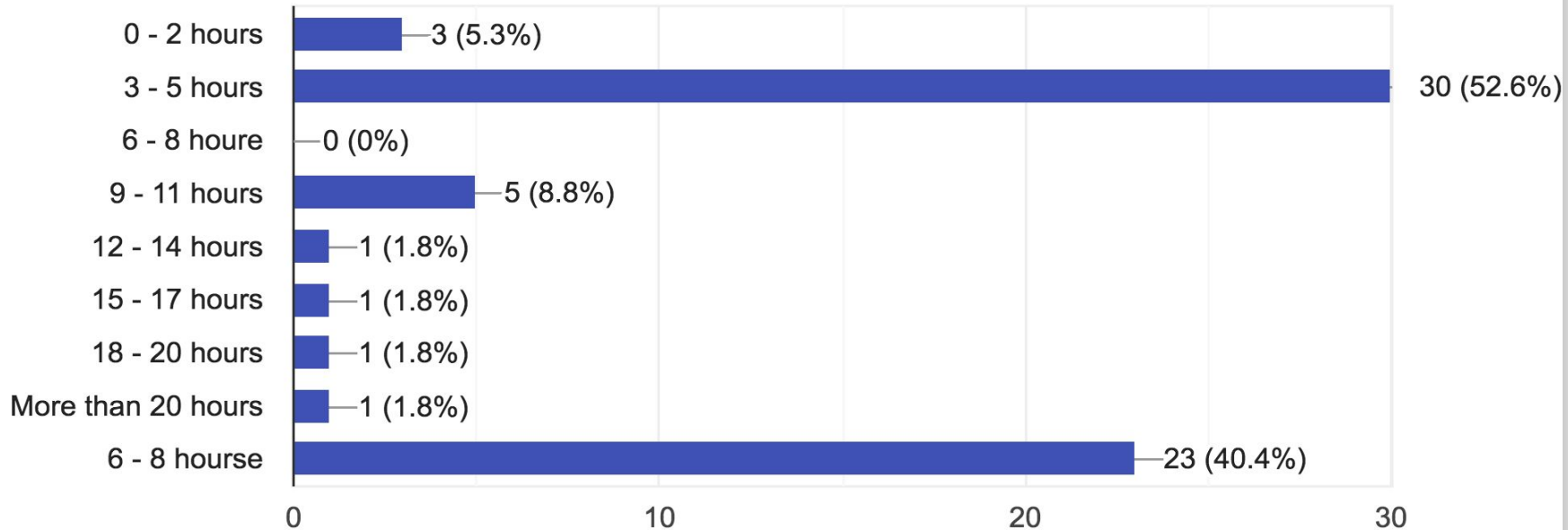
Social Media and Dress Code Survey Responses

By Lori Chen and Logan Zdun



1. What's your estimated screen time daily? (TV, video games, phone, computer, etc.)

57 responses



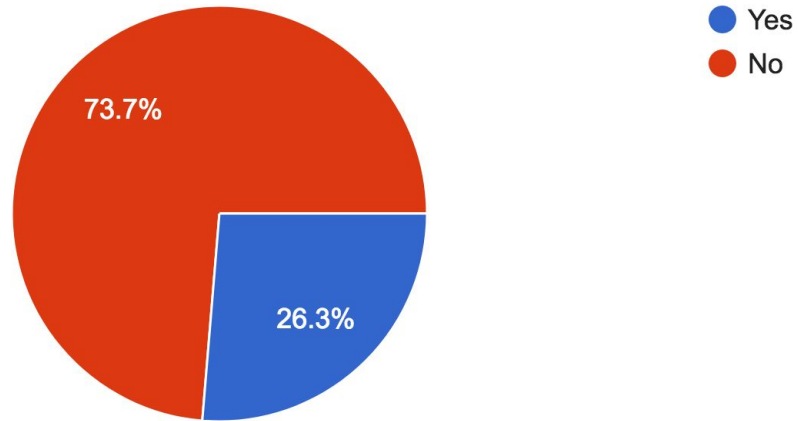
What's your purpose for using social media or other apps?

Answers varies between:

1. Entertainment/Relaxation
2. Communication/keep in touch with others

3. Do you ever feel depressed or sad when you use social media from time to time?

57 responses

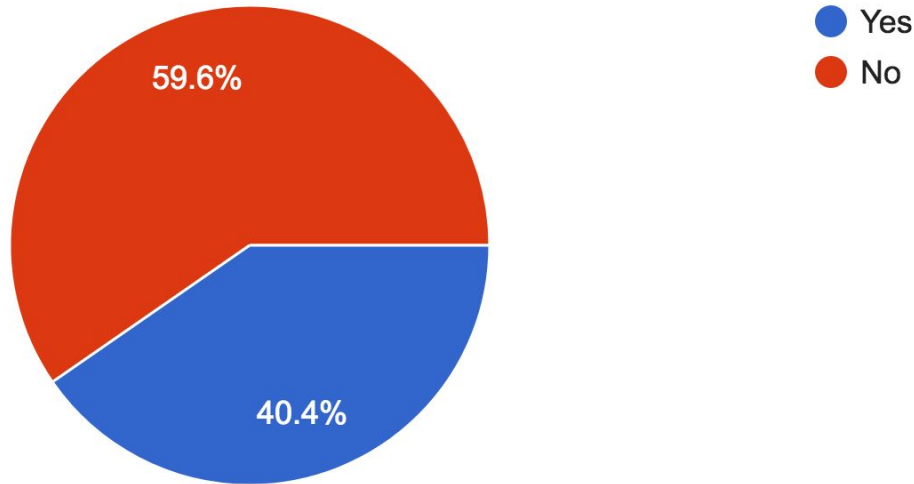


If yes, why does social media make you feel depressed or sad?

- Comparison to others on social media who are shown to have a happier life.
- The news that often report bad news
- The fear of missing out

5. Has your personality or confidence level shifted when using social media or when using other apps?

57 responses



If yes, how has your confidence level or personality changed?
This could include both in a positive way or in a negative way

Positive:

- The connection with others
- Found self-confident
- The nice comments

Negative:

- The way social media demonstrates body image (ex. Models on social media)
- The insecurity

Do you think others around you are consumed with their phones?
Does it affect your relationships with them? Please describe.

- Most people answered yes, but that they don't believe it affect relationships.
- Some have said that it could cause distance and lost ability in face-to-face conversations.

Does social media use impact your ability to use your time efficiently or do you get sidetracked? If yes, describe why?

39% answered no with the answer that they know when to not use cell phone or that social media helps them stay on track.

10% answered sometime because they are too focused on what's happening on social media and lost track on what they are doing.

51% answered yes because they would often get sidetracks when there is notification shown on their phone and that they rather chat with friends.

Knowing your own screen time habits, would you agree that younger children should be limited? If yes, describe why.

Majority (around 95%) answered yes with the following reason:

~Age (harm the development of children)

~Stop the addiction and overuse

~Stop how much we rely on phone

~To have more time to be with friends

~To focus more on school

Some had said no because, if they have the ability to control themselves with device usage then they will be fine and also that the technology has helped people learn.

School Uniform Survey

Should we have Uniforms??

Yes to wearing uniforms

33%

No to wearing uniforms

67%

30 votes · Final results

My own Response: (read before doing peers response)-print out

Social media:

- My estimated screen time hours is between 6-8 hours. Now that many school assignments and writing are computer based, I feel like screen time usage has increased in my generation.
- I felt social media has many usages such as to see what my friends are doing, to stay connected to the world news, to search for things that I'm interested and relaxation.
- I have felt sad because when you see others around you are succeeding, you realize that you are not as good as they are (peer pressure)
- My confidence level doesn't really shift because I personally believe that it's a fantasy world that I shouldn't live in. When someone makes good comments, I would just reply back with positivity. When someone makes a bad comment, I would just ignore it because it's likely that I won't see that person. Also, I don't think being negative back would help.
- Most people around me, even myself, are consumed with cell phones but I think most of us have the mentality to know when is the time to stop. If I have a test tomorrow, rather than staying on youtube, I would take time to study.
- Time management depends on maturity rather than based on social media use. If you are responsible, you would make an efficient plan to get the job done and less likely to get sidetracked. When you don't know what you need to do, anything can become a distraction.

- I think children should be limited based on their level of self-control. If they are able to know when they should use cell phone to get entertainment and when to use as a learning tool then I think it should be fine. But they should not overuse because it can harm the eye sight.

I personally don't really have opinion on school uniforms as I know people who wears them. There are pros such as students will not be judged on what they are wearing cause it's the same. The student doesn't need to worry to dress up. There are also cons because now for students who like to spend time to look pretty/different everyday means that they can't. Also the cost of uniforms.

As I have talked to many of my peers, they have stated that since our school never had such policy, making a change on that will be a huge change that many students would not want to take on.