Web surfing
Have you ever wondered how much time you spend on your mobile?

For most of us, our mobile phones are either in our hands, in our pockets, or on our bedside table, often never out of sight. One recent study by the Guardian showed that people in the UK spend an average of 5 hours and 24 minutes on their phone on average 5 days a week.

Recent iPhones and Android phones allow you to check how much time you spend on your phone. By going to your home screen and adding the Screen Time app, you can add your phone usage to your phone’s calendar so you can see how much you spend on your phone and all get a picture of how much more time you need to spend with your loved ones.

How to find your Screen Time

Please note: These apps are only available on iOS 12 and above, and on Android version 9 (August 2018) or above.

If you have an Android phone

1. Go to Settings, then to → Digital Wellbeing → Parental Controls. You’ll see a blue bar showing your viewing number for today.
2. Press on the circle and you’ll get a simple screen with a bar chart and today’s usage.
As mobile phones are with us nearly all the time: in our pockets or by our bedside when we study found that smartphone owners check their phone 58 times per day.*

Android devices have built-in apps that allow you to check how much time you spend on your phone. On this app, you can check your own screen times – anonymously of course of other people’s screen times, so we can check how much we are attached to our phones.

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**Time Information:**

Available only available on iPhone iOS 12 (September 2018) or later and Android (April 2018) or later.

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If you have an iPhone

1. Go to Settings, then to → Screen Time.
2. Go to → See All Activity.
3. At the top select “Week” view.
4. Start scrolling down and a banner will appear at the top with “This Week’s” data.
2. Press on the circle and you’ll get a screen with a bar chart and today’s screen time.
3. By the date, press on the left arrow to see your total screen time for yesterday’s last full day, and take a note of it.
4. Below the total you’ll see a list of apps and the time used on each.
5. These steps show your daily usage. To get the time used on each app by 7, total weekly usage. (i.e. 30 min x 7 = 210 min)

Once you have found your screen time:

**Web surfing** including Safari, Chrome
**Chat apps** including WhatsApp, Telegram, Signal, Snapchat
**Facebook**
**Twitter**

If you use different apps in the same categories, calculate to get a rough number of hours and minutes.

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**Then on the poster:**

1. **Average Screen Time**

The centre circle – the pupil – shows how much you spend on your phone on average in one day. Fill in the dots accordingly. For example, if you spend 1.5 hours, fill in 3 dots and a half dot.
1. Get a different query and log your day’s date.
2. Click on the left arrow to show “This Year’s” data yesterday – your day’s date.
3. Click on the left arrow to show “Every app’s” data.
4. Click on the left arrow to show “This Week’s” data.
5. Click on the left arrow to show “Last Week’s” data.
6. Below the graph, under “Most Used”, you’ll see a list of apps and the type.

Specific Screen Time

Take note of the time you spend in these categories:

- **Instagram**
- **Music** including Spotify, Apple Music
- **Video** including YouTube, TikTok
- **Other**

If you have a specific app category, for example lots of chat apps, just add them all up and note the total in hours and minutes.

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