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What's the Reality?

Activity Sheet



There are many forms of media and technology available to us today. Phones, video games, socials—you name it. Sometimes we think everyone's gaming all night or scrolling their phones 24/7, but the truth might surprise you.

This activity helps you compare your ideas with real information about how students your age use devices.

Instructions

1. Think about how much you know about other students and lifestyles.
2. Test your knowledge with a game and use the answer sheet to check your score.
3. Draw lines to connect each online experience with the right percentage!
4. If working with a partner, discuss your results together. What stood out to you most?

Online experiences	% of Ontario students in Grade 7-12
Played video games daily or almost daily	94%
Played video games for five hours or more per day	26%
Used social media daily	28%
Reported symptoms of a video gaming problem	12%
Spent five hours or more on social media daily	18%



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Connect Quest is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.



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What's the Reality?

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What's the Reality? Answer sheet

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Played video games daily or almost daily	28%
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Source: [CAMH, 2023 OSDUHS Drug Use Summary and Full Trend reports.](#)



Screen time can be awesome. But keep it **manageable, meaningful, and mindful**. This helps keep your brain and body balanced and feeling its best.



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