



6840 Seaview Road, Sechelt, BC V0N 3A4

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## The Christmas Tech Quiz - Can you go “tech-free” this Christmas?

Whether Christmas conjures memories of the best of times, or alternatively the worst of times, for most people Christmas is about family and friends, and New Year offerings of hope and promise. Recent invasion of technology into home life has significantly changed how families and friends celebrate Christmas. As we move toward the end of 2012, reflecting on Christmas past, and doing a reality check of Christmas present, can help families and friends envision a new Christmas of the future - full of joy, peace, and meaningful connections.

*The Christmas Tech Quiz* was developed by Cris Rowan, a pediatric occupational therapist and author, to help families and friends negotiate their way through the maze of incessant technology use, toward creating meaningful and memorable Christmas’s. Assign a number to each question, and total scores to find out how you rank with relation to technology use and Christmas.

SA -Strongly agree – 1, A - Agree – 2, NS - Not sure – 3, D - Disagree – 4, SD - Strongly disagree– 5

| Christmas Past   | SA<br>1 | A<br>2 | NS<br>3 | DS<br>4 | SD<br>5 |
|--|---------|--------|---------|---------|---------|
| <b>Score:</b>  |         |        |         |         |         |
| When thinking about Christmas pasts, favorites might include an awesome location, spectacular dinner, or treasured gift, but our most favorite Christmas memories always include our most favored people. Think back to your Christmas pasts, and hone in on one special time that rings true as being a most special time. Who was there, where were you, what were you doing that made this time so cherished? Now compare those Christmas pasts to Christmas present. In <i>The Christmas Tech Quiz</i> , technology is defined as the use of television, internet, cell phones, or any hand held devices for entertainment purposes. |         |        |         |         |         |
| 1) We now spend very little time together as a family at Christmas (less than 4 hours).  |         |        |         |         |         |
| 2) Our family rarely gets together anymore with close family and friends at Christmas.   |         |        |         |         |         |
| 3) On Christmas day, the majority of our family time (greater than 4 hours) is spent using technology.   |         |        |         |         |         |
| 4) Christmas dinner is spent in front of the TV, or with cell phones or computers at the table.  |         |        |         |         |         |
| 5) At least half of Christmas gifts for my family are entertainment technology.  |         |        |         |         |         |
| 6) Spending Christmas without technology would be impossible for my family.  |         |        |         |         |         |
| <b>Total scores for Christmas Past</b>   |         |        |         |         |         |



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| <b>Christmas Present</b>   | <b>SA</b> | <b>A</b> | <b>NS</b> | <b>DS</b> | <b>SD</b> |
|--|-----------|----------|-----------|-----------|-----------|
| <b>Score:</b>  | <b>1</b>  | <b>2</b> | <b>3</b>  | <b>4</b>  | <b>5</b>  |
| Likely Christmas's of the past didn't include watching TV, incessant texting, social networking, or surfing the internet. Likely your memories didn't include hauling teens off porn, kids off video games, or prying wee ones away from iPads, all to come enjoy a spectacular Christmas dinner. Check out your present relationship to technology. |           |          |           |           |           |
| 7) My family has significantly increased their use of technology in our home over the past five years.   |           |          |           |           |           |
| 8) The majority of my family would not consider spending all of Christmas day without some technology.   |           |          |           |           |           |
| 9) Our family has missed some Christmas festivities that we used to do in the past, due to preference for technology use.  |           |          |           |           |           |
| 10) As a family, we have tried to stop or cut down on use of technology over Christmas holidays, but can't.  |           |          |           |           |           |
| 11) Technology use takes up most of my family's Christmas holiday time.  |           |          |           |           |           |
| 12) My family members wouldn't know what to do at Christmas if we didn't use technology.   |           |          |           |           |           |
| 13) Some members of my family continue to use technology even though they know it damages their relationships.   |           |          |           |           |           |
| <b>Total scores for Christmas Present</b>  |           |          |           |           |           |

| <b>Christmas Future</b>   | <b>SA</b> | <b>A</b> | <b>NS</b> | <b>DS</b> | <b>SD</b> |
|---|-----------|----------|-----------|-----------|-----------|
| <b>Score:</b>   | <b>1</b>  | <b>2</b> | <b>3</b>  | <b>4</b>  | <b>5</b>  |
| Our family has a tradition of getting up early, opening presents, and then having eggs bennie. We then gather together with friends and families on a local mountain with kids, dogs, a wee bit of scotch, and loads of sledding gear. If it isn't raining, we build a fire and have sledding races, snow ball fights, and build a racy snowman and woman. When everyone is sufficiently wet and cold, we go home, light a fire, and settle into a lovely Christmas dinner and banter that goes well into the next morning. What would your family like to do this Christmas? |           |          |           |           |           |
| 14) It would be impossible to consider purchasing alternative Christmas presents for family and friends, other than technology.   |           |          |           |           |           |
| 15) Planning Christmas festivities, such as going to church, plays, or participating charitable activities, is no longer a favored routine for our family.  |           |          |           |           |           |
| 16) It would be unthinkable to spend Christmas evening and day with family and friends, wrapping presents, decorating the tree, and getting ready for Christmas dinner, without using some technology.  |           |          |           |           |           |



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| <b>Christmas Future - continued</b>   | <b>SA</b> | <b>A</b> | <b>NS</b> | <b>DS</b> | <b>SD</b> |
|---|-----------|----------|-----------|-----------|-----------|
| <b>Score:</b>   | <b>1</b>  | <b>2</b> | <b>3</b>  | <b>4</b>  | <b>5</b>  |
| 17) Rising early and starting Christmas day with a bang, and NOT looking at emails, Facebook, or texts first, would be very difficult for my family.                      |           |          |           |           |           |
| 18) Planning an outdoor activity on Christmas day with family and/or friends, and NOT using any technology, is virtually unachievable for my family.                      |           |          |           |           |           |
| 19) Not looking at work emails, texts, or using social networking on Christmas day, would be impossible for myself and/or my partner.                                     |           |          |           |           |           |
| 20) Planning and participating in an evening of family games, carolling, music and fun on Christmas evening, and NOT using any technology, would never happen in my home. |           |          |           |           |           |
| <b>Total scores for Christmas Future</b>  |           |          |           |           |           |

|  |  |  |  |  |  |
|--|--|--|--|--|--|
| <b>Total scores for Christmas Past, Present and Future</b> |  |  |  |  |  |
|--|--|--|--|--|--|

|                           |
|---------------------------|
| <b>GRAND TOTAL SCORE:</b> |
|---------------------------|

### ***The Christmas Tech Quiz Score Interpretation***

**Score of 80-100:** you continue to value family and friends more than technology, and will still be creating memorable Christmas this year, as your technology use is well within normal limits e.g. 1-2 hours of entertainment technology use per day. In order to find out more about the impact of technology on child development and learning, you may want to check out the *Zone'in Fact Sheet* (free download) at [www.zonein.ca](http://www.zonein.ca).

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**Score of 60-80:** technology has caused some changes in how you spend your Christmas with family and friends. If you'd like to reduce your use of technology during the holidays to experience a more meaningful Christmas, you may want to consider checking out the "Technology Screen" and use the "Technology Schedule" (free downloads) at [www.zonein.ca](http://www.zonein.ca) to change your technology usage pattern this holiday season.

**Score of 40-60:** technology has caused moderate changes in your relationships with family and friends over Christmas holidays. In order to find out more about your family and friend's relationships to technology, you may want to play the [Unplug'in Game](#) available at [www.zonein.ca](http://www.zonein.ca) where players who are trapped in a TV, travel through the *Me, We, Nature* and *Spirit* dimensions to gain necessary skill and confidence to unplug from technology.

**Score of 20-40:** technology has significantly changed how you interact with family and friends over the Christmas holidays, which is likely adversely affecting many relationships. You may want to consider trying to reduce your family and friend's use of technology by using the "Ten Steps to unplug your children from technology" (free download) at [www.zonein.ca](http://www.zonein.ca) to attain a more memorable Christmas.

**Score of 0-20:** technology is profoundly affecting how you interact with family and friends, and your family is in serious trouble, as your technology use far exceeds normative use. You may want to consider family counselling, as your family and/or friends are likely addicted to technology, and you may need professional assistance to get back on track toward more healthy living. To find out more about the impact of technology on child development and learning, you might want to read "Virtual Child – The terrifying truth about what technology is doing to children" by Cris Rowan, available at [www.amazon.com](http://www.amazon.com).

### Biography

Cris Rowan is a pediatric occupational therapist and child development specialist. Cris is author of "Virtual Child – The terrifying truth about what technology is doing to children" and resides in Sechelt, BC, and is passionate about changing the ways in which children use technology.

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