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UKRAINIAN TEENS AND SOCIAL MEDIA

Take this quick test to discover your online behaviour style. Then find out how many teens in Ukraine are just like you.

Who are you in the Online World?

Mini Personality Test



1 How many hours do you usually spend online on a school day?

A less than 1 hour
B 1–3 hours
C more than 3 hours

2 What do you mostly do online?

A only go online to check something quickly
B play games, watch videos, or explore new things
C spend most of my time on social media, chats, and posting content

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3 How do you feel if you don't check your phone for a few hours?

A fine, no big deal
B a bit bored
C nervous or like I'm missing something

4 Could you survive one day without the internet?

A of course!
B only if I'm busy
C honestly... probably not!

5 How important is your social media profile?

A don't really use it / don't care much
B have a profile but rarely check or update it
C check it often for likes, comments, and new followers

Now count your answers. How many As, Bs or Cs did you get? Read and discover who you are in the Online World (see the next page).

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Mostly As?

You are **The Offline Ninja**
You enjoy the internet but keep it under control. Only **21%** of Ukrainian teens use the internet less than 3 hours a day. You're a rare kind!

Mostly Bs?

You are **The Digital Adventurer**
You love challenges and new experiences online. Around **28%** of Ukrainian teens say they often play games or search for new information every day.

Mostly Cs?

You are **The Super Scroller**
Social media, chats, and online platforms are your world. But be careful: **79%** of Ukrainian teens spend 3+ hours online daily and many report having trouble sleeping or concentrating.

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Discuss the questions.

1 **Do you think your online habits are healthy? Why or why not?**

2 **What would be the hardest thing for you if you had no internet for a week?**

3 **Look at the strategies teens can use to spend less time online without missing out. Choose the strategies which you would like to use. Explain your choice.**

- set a time limit on apps
- meet friends offline more often
- do sports or hobbies
- turn off notifications
- leave your phone in another room before bedtime

DID YOU KNOW?

- **73%** of teens in Ukraine use social media every day.
- **55%** say they spend 'too much' time online.
- **FOMO** (Fear of Missing Out) is common among social media users, and many young people experience it.

(Source: Google Ukraine Survey, 2024; TerMedia Journal, 2023; Datareportal)