



# Digital Sobriety

How much does the French electrical consumption represent, related to the digital services ?

- 1. 1%
- 2. 5 %
- 3. 2.5 %
- 4. 7 %



# Digital Sobriety

How much does the production of digital products represent on the digital market ?

- 1. 12 %
- 2. 67 %
- 3. 95%
- 4. 58 %



# Digital Sobriety

How long should you keep your computer to increase 50 % of your environmental performance ?

1. 3 years instead of 1 year
2. 6 years instead of 2 years
3. 1 year instead of 2 months
4. 4 years instead of 2 years



# Digital Sobriety

Which organisation repairs old phones to give them a second life?

1. Ecosytem
2. Magical system
3. Phone system
4. Digital system



# Digital Sobriety

Buying a refurbished phone instead of a new one: what environmental impact can be avoided?

- 1. 55 %
- 2. 70 %
- 3. 90 %
- 4. 28 %



# Digital Sobriety

When buying a refurbished phone instead of a new one, how much extraction of raw material per year do you avoid?

- 1. 50 kg
- 2. 320 kg
- 3. 100 kg
- 4. 260 kg



# Digital Sobriety

What is the best behaviour to respect digital sobriety when using a computer ?

1. Turn it off after an hour if you do not use it
2. Keep a computer switch on when you're not using it
3. Keep a lot of websites in the background of your phone
4. Use 4G instead of wifi



# Digital Sobriety

How can online meetings be made more sustainable?

1. Turning off videos when not needed
2. Always using HD video
3. Using more background apps
4. Sharing heavy files during calls



# Digital Sobriety

What is the main goal of digital sobriety?

1. To minimize digital carbon footprint
2. To increase data storage
3. To reduce screen time
4. To improve the Internet speed



# Digital Sobriety

Which answer contributes most to digital pollution?

1. Using LED lights
2. Charging smartphones overnight
3. Streaming high-definition videos
4. Using solar-powered devices



# Digital Sobriety

The goal of digital sobriety is to...

1. Disconnect from society
2. Increase energy bills
3. Use technology more consciously
4. Make devices slower



# Digital Sobriety

How can you reduce your digital footprint while browsing?

1. Disable cookies
2. Use anonymous mode
3. Limit video autoplay
4. Increase screen brightness



# Digital Sobriety

What is the role of software optimisation in digital sobriety?

1. It increases app size
2. It reduces device performance
3. It lowers energy consumption
4. It slows down updates



# Digital Sobriety

Why is cloud storage a concern for digital sobriety?

1. It uses renewable energy
2. It is free
3. It improves device speed
4. It requires data centers



# Digital Sobriety

Which answer is a low-impact digital activity?

1. Online gaming
2. Streaming movies
3. Video conferencing
4. Reading e-books



# Digital Sobriety

What is the most energy-consuming activity online?

1. Reading news articles
2. Sending text messages
3. Video streaming
4. Browsing websites



# Digital Sobriety

Why should we delete old emails?

1. They take up physical space
2. They make your phone go faster
3. They increase data storage energy use
4. Because deleting old emails makes our computer run faster



# Digital Sobriety

Which percentage of global consumption does data centres represent?

- 1. 12%
- 2. 18%
- 3. 6,7%
- 4. 2%



# Digital Sobriety

Which other action best supports digital sobriety?

1. Watching more videos in 4K quality
2. Buying a new smartphone every year
3. Sending fewer and smaller email attachments
4. Using multiple cloud storage services at once



# Digital Sobriety

The concept of digital sobriety was first promoted in...

1. France
2. The USA
3. Japan
4. Germany



# Digital Sobriety

What is the “digital carbon footprint”?

1. The number of devices you own
2. The energy consumed by digital activity
3. Your internet speed
4. The apps on your phone



# Digital Sobriety

Which answer has the lowest digital footprint?

1. Sending a text message
2. Streaming a movie
3. Using a video call
4. Uploading files to the cloud



# Digital Sobriety

Which condition will consist in a technology addiction?

1. Acne
2. Pneumonia
3. Wearing glasses
4. ADHD



# Digital Sobriety

What is the percentage of young people between 9 and 11 having a social media account ?

- 1. 20 %
- 2. 90 %
- 3. 28 %
- 4. 67 %



# Digital Sobriety

Why is digital sobriety important for the environment?

1. Because digital technology doesn't use energy
2. Because it makes your phone faster
3. Because the energy use of data centers and networks affects greenhouse gas emissions
4. Because it sounds good



# Digital Sobriety

Which action is NOT part of digital sobriety?

1. Turning off autoplay on videos
2. Limiting cloud storage
3. Constantly buying new digital gadgets
4. Regularly deleting unnecessary files



# Digital Sobriety

Why is digital sobriety important for the environment?

1. The production and use of digital devices require energy and raw materials.
2. Data centers and networks consume large amounts of electricity, often from non-renewable sources.
3. Reducing unnecessary digital activity helps lower carbon emissions and environmental impact.
4. Because digital technologies produce greenhouse gases and use up natural resources.



# Digital Sobriety

How many parents don't know what their children are doing on social media?

- 1. 78%
- 2. 50 %
- 3. 79 %
- 4. 87 %



# Digital Sobriety

How much people are doing at least 1 thing for Digital Sobriety?

1. 100%
2. 80%
3. 60%
4. 40%



# Digital Sobriety

How do digital technologies affect CO<sub>2</sub> emissions?

1. By creating clean air and reducing waste.
2. By increasing forest areas.
3. Through equipment manufacturing, energy use in data centers and networks, and e-waste disposal.
4. By producing renewable energy.



# Digital Sobriety

Data centers consume a lot of energy.  
What helps make them more eco-friendly?

1. Cooling system powered by renewable energy
2. Running 24/7 with no breaks
3. Placing them in very hot regions
4. Storing unnecessary data forever



# Digital Sobriety

What uses more energy?

1. Wifi
2. 4G
3. 5G
4. 3G



# Digital Sobriety

What is the broader benefit of digital sobriety beyond personal habits?

1. Reducing global digital inequality
2. Increasing demand for new devices
3. Lowering the overall carbon footprint of digital technology
4. Encouraging overconsumption of online content



# Digital Sobriety

What percentage of global electricity could be consumed by data centers by 2030 ?

1. 1-2%
2. 3-5%
3. 10-15%
4. 20%



# Digital Sobriety

What is the relationship between water and the use of AI ?

1. AI creates water when it works
2. Water produces electricity and cools the servers
3. AI boils water
4. Water makes AI smarter



# Digital Sobriety

Why are new power plants sometimes justified ?

1. To supply shopping malls
2. To heat homes
3. To produce more electric cars
4. To provide energy to data centers



# Digital Sobriety

What is the most energy-efficient way to store files?

1. Keeping them in multiple cloud services
2. Backing them up weekly via email
3. Deleting unnecessary files and emails
4. Compressing them into ZIP files and saving online



# Digital Sobriety

Which practice aligns with digital sobriety?

1. Streaming videos in 4K whenever possible
2. Using energy-efficient search engines
3. Auto-playing videos on all websites
4. Downloading large files over mobile data



# Digital Sobriety

Which of the following is not a benefit of digital sobriety?

1. Lowering environmental impact
2. Improving device performance
3. Reducing mental fatigue
4. Increasing data consumption



# Digital Sobriety

How will watching online videos affect digital sustainability?

1. There is minimal environmental impact
2. It significantly increases energy and data use
3. It reduces carbon footprint when done in HD
4. It is more eco-friendly than downloading content

