

THE _____ FAMILY SCREEN TIME CONTRACT

1. School Nights & Weeknights

Our family shuts down all our devices at _____ o' clock. The devices remain off until the next morning. Devices will not be turned back on until everyone has finished breakfast.

2. Weekends & Holidays

Our family limits screen time on weekends and holidays to _____ hours/minutes per day. Additional time can be bought with time spent outside.

3. Driving/ Travel/ Vacations

Screens are only allowed when we have to drive longer than 2 hours. After arriving at our holiday destination, everyone in our family limits screen time to _____ minutes a day. We leave our devices in our hotel or vacation home and don't take them on activities, such as hiking, going to the beach, cycling, etc. If needed, one device may be designated to be used for directions, photos or emergency calls.

4. Screen Time Blackouts

We agree not to use our devices when we have:

- Meals together
- Family gatherings
- Friends visiting
- Playdates
- Sleepovers

Add your personal family guidelines here: _____

5. Device Storage & Charging

Our family does not store or charge tech devices in our bedrooms or playrooms. Instead, we all keep our devices in a communal space, which is our _____.

7. TV

We agree that no TVs should be kept in our bedrooms.

6. Screen Time Privilege

Devices aren't available after school until homework and chores are completed. Chores may include:

- Making beds
- Tidying up rooms
- Doing dishes
- Taking care of pets
- Helping prepare dinner
- Setting the table

Add your additional family chores here: _____

7. Alternatives to Screen Time

Our family recognizes that too much screen time is unhealthy. As a family, we each have weekly physical and creative activities such as: (check at least three)

- Exercise
- Sports
- Musical instruments
- Art
- Dance
- Reading for pleasure

Add your own special activities here: _____

8. Web Use and Passwords

To protect our children from inappropriate material and frightening images on the internet, children in our family under _____ years old are not allowed to surf the web unsupervised. Parents also keep records of all passwords, including social media, and don't allow secret accounts. Parents are always informed and asked when an app/ software etc is downloaded.

9. Social Media Behavior

Our children/ teenagers agree never to use social media to be hurtful or mean to others. Children/ teenagers agree to inform their parents about any harmful content or behavior they might discover.

10. Violations

Our family recognizes that screen time is a privilege not a right. If someone in our family repeatedly breaks the family contract, devices will be taken away. Parents will decide for how long.

DATE: _____

SIGNATURES: _____