

THE _____ FAMILY SCREEN TIME CONTRACT

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, and is dressed and ready to leave.

Weekends & Holidays

Our family limits screen time on weekends and holidays to _____ hours/minutes per day.

Travel Vacations

After arriving at our destination, everyone in our family limits screen time to _____ minutes in the morning and _____ minutes in the evening. We leave our devices in our hotel or vacation homes 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.

Screen Time Blackouts

Our family does not use our devices when we have: (check all that apply)

☐ Meals together ☐ Playdates ☐ Family gatherings
☐ Sleepovers ☐ Friends visiting ☐ To walk or drive

Add your personal family guidelines here: _____

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 _____.

Screen Time Privilege

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

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

Add your additional family chores here: _____

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 ☐ Art ☐ Sports ☐ Musical instruments
☐ Dance ☐ Reading for pleasure

Add your own special activities here: _____

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.

Social Media Behavior

Our children agree never to use social media to be hurtful or mean to others.

When the Contract is Broken

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: _____