

# Family Screen Agreement

Setting screen time rules together



## Our Family Values Around Screens

We believe screens should:

- Support learning and creativity
- Not replace sleep, play, or family time
- Be used with awareness and balance

## Screen Time Rules

✓ Screens are allowed during these times:

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✗ Screens are NOT allowed:

- During meals
- One hour before bedtime
- When homework or chores aren't done

## What We Use Screens For

- Schoolwork
- Creative activities
- Games
- Watching shows/videos
- Talking to friends/family

(We agree to use screens respectfully and safely.)

## How We Practice Self-Control

We agree to:

- Take breaks when asked

- Stop when time is up
- Speak calmly if we're frustrated
- Ask for help instead of sneaking extra time

## What Happens If the Rules Are Broken

Instead of punishment, we will:

- Take a short break from screens
- Try again with clearer limits
- Talk about what went wrong and how to improve

## Our Family Agreement

We agree to follow this plan and adjust it as we grow.

**Child's Name:** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_

**Date:** \_\_\_\_\_

 **Family Reminder** - *"Screens are tools, not bosses. We choose how we use them."*