Family Screen Time Agreement

Write this together. Agreements built with children are easier to keep.

Screens for learning: when, where, and how long

Screens for fun: when, where, and how long

Our house rules

- [ ] Devices charge outside bedrooms overnight
- [ ] No screens during meals
- [ ] We ask before downloading or signing up
- [ ] We tell an adult if something online feels wrong
- [ ] Adults follow these rules too

What happens if we slip (repair, not punishment)

Signed by _____ **Review date** _____

NOTES

Getting to Success · Permission granted to photocopy for household or classroom use.