

Family Screen-Time Agreement

Written together, signed by everyone, posted next to the main screen.

We, the family of _____, agree together that:

1. On school days, screens are OK for up to _____, and on weekends up to _____ per day.
2. Before any screen time, these always come first:

3. Our screen-free zones (for grown-ups too) are:

4. Screens go off _____ before lights-out, and sleep in the _____ overnight.
5. If the agreement is broken, screens end 30 minutes earlier the next day - calmly, no drama.
6. We will re-read and adjust this agreement together every 3 months. Next review: ____ / ____

Signed with love (and realism):

Parent

Parent

Child

Child

Date: _____