Our family screen time agreement



We talked about it together, and we agree to these promises:

- [ ] Phones stay out of bedrooms at night. We charge them in the _____.
- [ ] No phones at meals, for anyone.
- [ ] Homework and chores come before games and videos.
- [ ] I will ask before downloading a new app.
- [ ] I will be kind online and tell a grown-up if something feels wrong.
- [ ] Weekday screen time: _____ Weekend: _____
- [ ] _____
- [ ] _____

When we keep it

_____

_____

If we break it

_____

_____

Kid _____ Grown-up _____ Date _____

For personal and classroom use.