

Our Family Screen Time Contract

Our family's **mission statement** about technology: (Technology is for knowledge, safety and some entertainment.) _____

What does this contract apply to? (Cell phones, TV, computer, all devices?) _____

Who does this contract apply to? (List names of family members.) _____

What days and **how much time** for each person and device listed above will be allowed? (Example: 30 min day gaming)

What must take place before screen time it allowed?
(Example: homework and chores must be completed.)

Rules regarding each device: (All devices turned off at 7:30 p.m. and placed in the box in the kitchen)

Incentives/Consequences for violations: (Favorite dessert/extra chores)

Password & Safety rules: (Parents can take any device if rules are not followed within the family.)

Signatures: (Parents and kids, sign and date)

1. Defining Your Family's General Principles

- a. Parents – Why do you want to limit screen time?
- b. Kids- Ask kids about how they think screen time should fit into their lives? What are some of their personal goals around things such as family, friends and hobbies?

2. Defining Family Rules

- Meal times -- Are devices allowed at the table? Breakfast? Dinner?
- Night power-down — When will you turn off screens/phones before bedtime?
- Bedroom — Screens in the bedroom? If so, all the time? Are phones allowed in the bedroom? Where are all phones stored at night?
- Cars — May non-drivers be on their phones? How long? Discuss texting & driving.
- Time/Ratings – How much time are you allowed to be on the device? Will you follow the ratings for video games? Are there rules for multi-players?

3. Establishing Incentives and Consequences

Have a limited number of rules and have the kids help create them.

4. Allowing wiggle room – there will be exceptions

Example: If you have a no-cell-phones-in-the-car policy and you need to pick someone up at the curb at the airport, then it is allowed for the passenger to be on the phone.