

# SCREEN TIME AGREEMENT



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

## WHEN

We agree that screens are allowed during these times:

- On School Nights:  
From \_\_\_\_\_ to \_\_\_\_\_.
- On Weekends:  
From \_\_\_\_\_ to \_\_\_\_\_.
- The "Off Switch":  
All screens are turned off by \_\_\_\_\_ PM.

## MUST-DO LIST

Before I ask for my device, I make sure these 3 things are finished:

- \_\_\_\_\_  
(e.g., Homework)
- \_\_\_\_\_  
(e.g., Clean room)
- \_\_\_\_\_  
(e.g., Pet fed)

## WHERE DEVICES LIVE

- The Charging Spot: When not in use, devices stay in the \_\_\_\_\_.
- No-Screen Zones: We won't use devices in the \_\_\_\_\_ or at the \_\_\_\_\_.

## BEING A GOOD DIGITAL CITIZEN

- Kindness: I will only send messages that are \_\_\_\_\_.
- Safety: If a stranger messages me or I see something "weird," I will tell \_\_\_\_\_ right away.
- Permission: I will ask \_\_\_\_\_ before downloading any new apps.

## PINKY PROMISES

- Child's Promise: I promise to put my device away the first time I'm asked without \_\_\_\_\_.
- Parent's Promise: I promise to put my phone away when we are \_\_\_\_\_.

## WHAT HAPPENS NEXT

- If I follow the rule: We can have a special reward like \_\_\_\_\_.
- If I break the rules: I will take a break from my device for \_\_\_\_\_ (hours/days).

Child: \_\_\_\_\_

Parent: \_\_\_\_\_