

THE _____ FAMILY SCREEN TIME CONTRACT

1. Nights

All our devices are to be left in our chosen communal space by _____ o'clock and they will remain there until the next morning. During school terms devices will not be turned back on until morning routines are complete and we are ready to leave the house. During the holidays devices can be turned on after _____ o'clock.

2. Weekends & Holidays

We do not use our devices during the following times:-

Meals together

Family events

When friends are visiting

Family outings

Add extras _____

3.

Travel / Holidays

On holiday we will limit our screen time to _____ hours/minutes in the morning and _____ hours/minutes in the evening.

4. Device Storage & Charging

At night all devices are placed on charge in a communal space, which is our _____

5. Screen Time Privilege

Devices aren't available after school until homework and chores are completed.

6. Maintaining Balance

In order to maintain a balanced life we agree to review our screen use on a weekly basis to ensure that we are all getting enough time for social interaction, activities, exercise and family time.



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Weekends & Holidays

We do not use our devices during the following times:-

- Meals together
- Family events
- When friends are visiting
- Family outings
- Any extras _____

Weekends & Holidays



7. Web Use and Passwords:

To protect our children from harm, children in our family under ____ years old are not allowed to access the web unsupervised. Parents and children will work tougher to regularly review what children are doing on line and additional access will be given when age appropriate and as children demonstrate responsible digital behaviour.

8. Social Media Behaviour

We agree not to post anything that could be hurtful or harmful to ourselves or others.

9. Gaming

If we are gaming for 40 minutes or more we agree to spend the following 10+ minutes doing something physical to rebalance our cortisol levels.

10. When the Contract is Broken

We recognise that screen time is a privilege, not a right. If someone breaks the family contract their devices will be taken away for a period of ____ hours ____ days ____ weeks.

DATE: _____

SIGNATURES of all Family Members:
