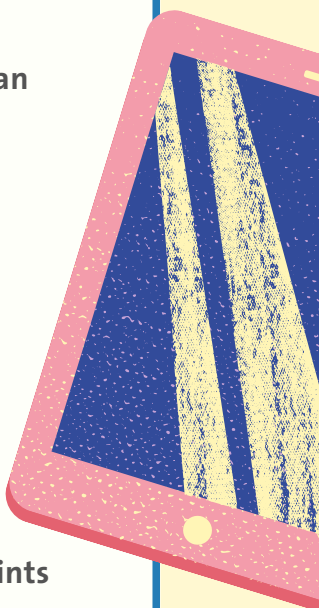




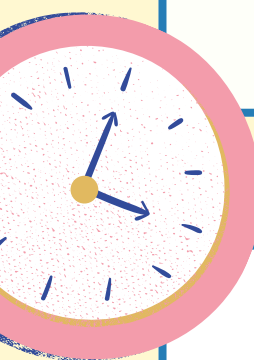
Our Family Screen-Time Agreement



FAMILIES
for
LIFE

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1. We will balance our screen use with screen-free family activities that we have planned.
 2. Our home will have screen-free zones in the bedroom and at the dining table (parts of home).
 3. We will try to have at least one (how many) screen-free mealtime every day as a family.
 4. We will complete 30 minutes of outdoor play (any screen-free activities) every day as a family.
 5. We will try to replace screen time with other fun activities that we can do on our own such as reading, crafts, playing (any activities).
 6. We will check in with parents/guardian (who) if we come across anything on the Internet that we do not understand or are not comfortable with.
 7. We will complete all our homework and chores (tasks to complete) before we ask for some screen-time.
 8. We will avoid using our screens 1 hour (time period) before going to bed, except for our Friday movie night (exceptions).
 9. We will earn an extra family movie night (reward) for completing points 3 & 4.
 10. We agree to be honest and own up if we break any of the rules in this agreement.
 11. If someone in the family repeatedly breaks this agreement, screen privileges will be suspended for 24 hours (consequence).
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Agreed by:



Mom/Dad/Caregiver

Child(ren)