

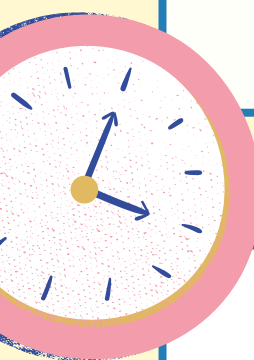


Our Family Screen-Time Agreement



FAMILIES
for
LIFE

- 
1. We will balance our screen use with screen-free family activities that we have planned.
 2. Our home will have screen-free zones _____.
 3. We will try to have _____ screen-free mealtime every day as a family.
 4. We will complete _____ 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 _____.
 6. We will check in with _____ if we come across anything on the Internet that we do not understand or are not comfortable with.
 7. We will _____ before we ask for some screen-time.
 8. We will avoid using our screens _____ before going to bed, except for _____.
 9. We will earn _____ 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, _____.



Agreed by:

Mom/Dad/Caregiver

Child(ren)

