Our family screen-time agreement

Fill this in together and stick it near where phones are kept. Change it when it stops working - it is your family's plan.

Our screen times (when, and for how long):

Screen-free times (for example meals, the hour before bed, homework):

Screen-free places (for example bedrooms, the dining table):

What we watch and play (shows, games and apps we agreed on):

When time is up, we will:

Grown-ups promise to:

Signed by everyone: _____