



Family Screen Use Agreement *Sample Agreement*

When thinking about how we use screens in our lives, as a family we agree that **the best kind of screen use is creative, inspires us to be curious and problem solve, and helps us to understand the world around us.**

Our family agrees to the following guidelines around our screen use:

- Before going on screens after school, I will:
 - Be outside: bike, scooter, play with friends, walk
 - Complete my homework
 - Play my instrument for at least 20 minutes
 - Eat a healthy snack
 - Be with my pet
 - Complete a job or task to help make our home a nice, clean, happy place to live
- I will play games / watch entertainment on screens the same amount of time as I practice my instrument
- Screens are turned off by 7 pm on school nights
- Screens stay in main areas of the house and are plugged in the kitchen at night.
- If I don't follow the agreement, I lose the privilege for the next day. Then, we will try again.

Date: _____

Signed by:
