



Family Screen Use Agreement Template

When thinking about how we use screens in our lives, as a family we agree:
(Consider language here that helps set your family's values around screen time.)

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

- **Before going on screens, I will:**

(Consider 3-4 non-screen activities here such as being outside, having a snack, doing homework, family responsibilities, etc.)

- _____
- _____
- _____
- _____
- _____

- **Our Guidelines for screen use include:**

(These guidelines answer questions such as: When do we agree to use our screens? Where are screens allowed in the house? What is okay when taking and sharing pictures? What agreements do we have around privacy? Who knows the passwords to our devices?)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

- **If I don't follow the agreement**

(Decide what will happen if the agreement isn't followed. Remember to include the words, "Then, we will try again.")

Date: _____

Signed by:
