

# OUR SCREEN TIME

## AGREEMENT

### CONNECTING OUR SCREEN TIME TO OUR VALUES

#### BUT WAIT... IS IT TOO LATE TO CHANGE THE PREVIOUS SCREEN TIME RULES AND SET NEW BOUNDARIES?

It's never too late to set new screen time boundaries. With screen time, boundaries often need adjusting. Explaining the changes in a calm way that involves the whole family helps everyone understand the reason behind the shift. Stick to the new agreement, stay firm, and model healthy screen habits to make the transition smoother.

#### KEY QUESTION: HOW CAN WE LIVE OUR FAMILY VALUES BOTH OFFLINE AND ONLINE?

- 1. Let's Get Started:** Begin by discussing why everyone is gathering—to create your own Family Screen Time Agreement. Explain how this plan will ensure that everyone uses technology in a way that aligns with your family's values.
- 2. Engage and Collaborate:** Ensure that every member, including the youngest, has the opportunity to share their thoughts. Listen attentively to all ideas, even if they seem unusual.
- 3. Encourage Participation:** Working together as a team, find a balance where everyone's input contributes to shaping a tech plan that suits your family. Refer to page 7 of the provided printable for inspiration.
- 4. Display the Plan:** Once the plan is final, place it where everyone can see it, such as on the refrigerator or near the family's technology area. This serves as a visual reminder of the agreements made. As your family grows and changes, update the plan to keep it relevant.

**A screen-time agreement keeps everyone on the same page, so tech use runs smoothly and doesn't cause any friction. It's not just about setting rules; it helps everyone stay connected and responsible with their tech.**

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## AGREEMENT

WE'RE THE \_\_\_\_\_ FAMILY !

WE LIKE TO \_\_\_\_\_

WE VALUE \_\_\_\_\_

WHAT DO WE DO AND NOT  
DO ON OUR SCREENS?

WHERE DO AND DON'T  
WE USE SCREENS?

WHEN DO AND DON'T  
WE USE SCREENS?

HOW LONG WILL WE  
USE SCREENS?

# OUR SCREENS



AGREE

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WHAT DO WE DO AND NOT  
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# SCREEN TIME

AGREEMENT



FAMILY!

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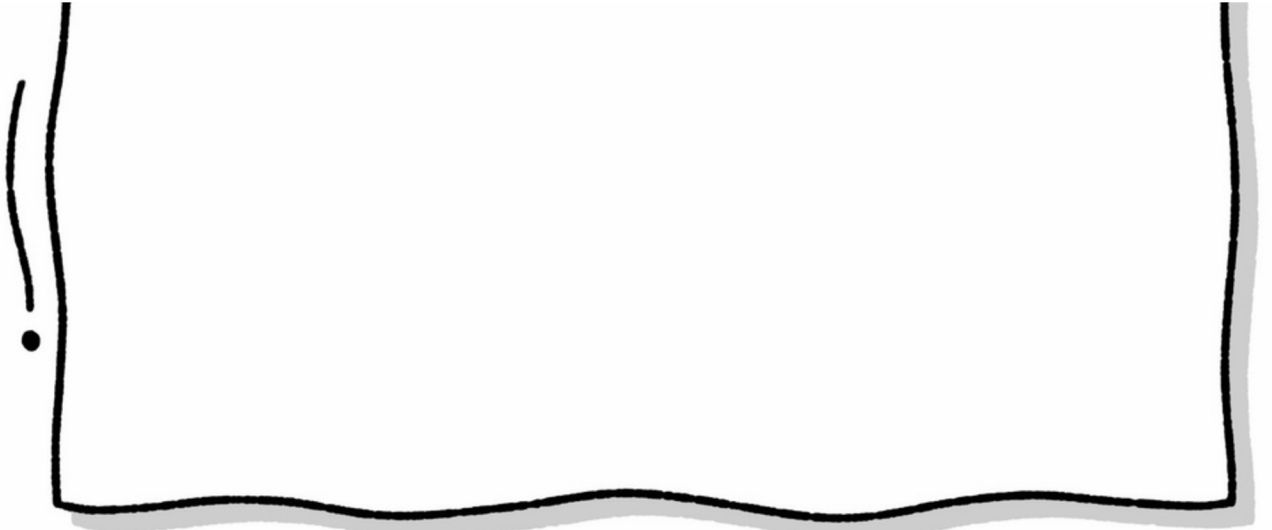
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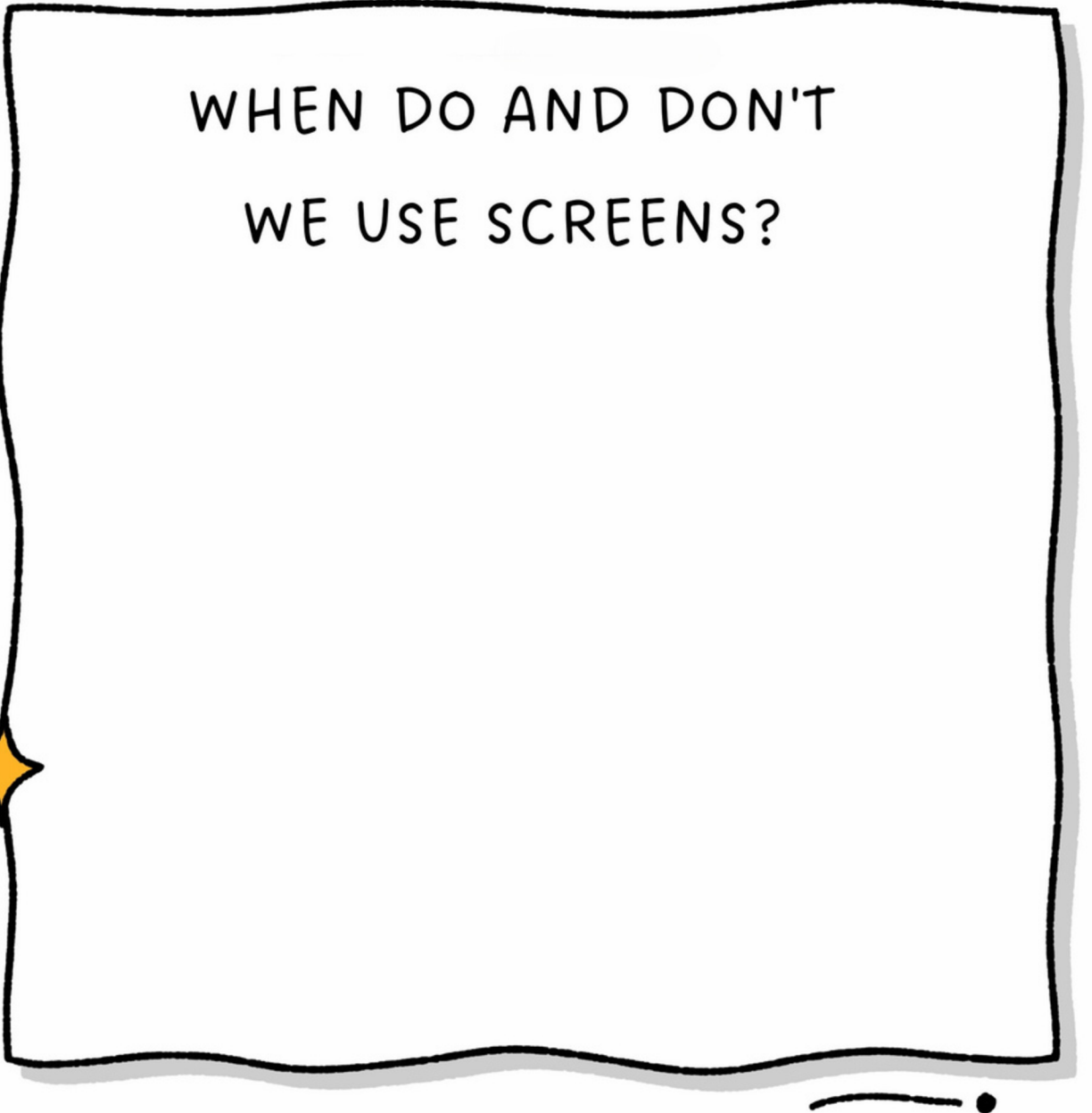


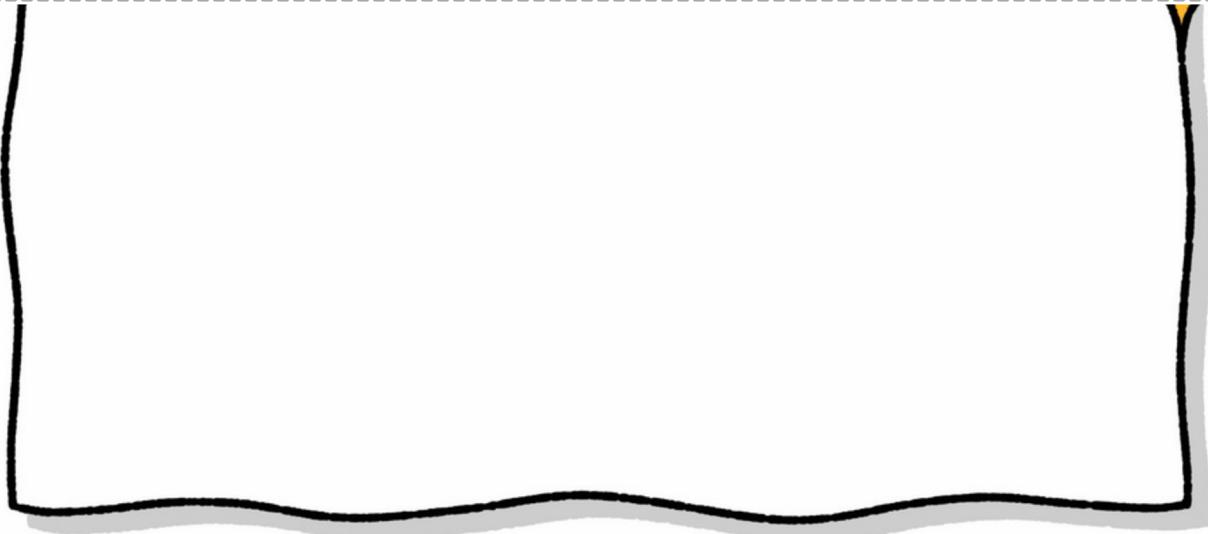
WHERE DO AND DON'T  
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WHEN DO AND DON'T  
WE USE SCREENS?





HOW LONG WILL WE  
USE SCREENS?



# WHAT WOULD YOUR FAMILY LIKE TO BE KNOWN FOR?

WHAT DOES YOUR FAMILY VALUE MOST?

HERE ARE SOME MORE IDEAS TO GET YOU STARTED.

## WE LIKE TO...

- laugh together
- ride bikes
- cook meals together
- travel together
- spend time with our pets
- take adventures
- go camping
- do craft projects
- read together
- celebrate holiday traditions
- garden
- do puzzles
- play sports
- visit museums
- go to the beach
- host friends
- get outside
- learn together

## WE VALUE...

- kindness
- honesty
- togetherness
- respect
- creativity
- growth
- laughter
- compassion
- patience
- curiosity
- hard work
- communication
- adventure
- gratitude
- integrity
- learning
- generosity

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### SAMPLE ANSWERS

Choose from these ideas if you need some inspiration when creating your Screen Time Agreement.

#### WHAT TYPE OF SCREENS CAN BE USED?

- We use **educational apps and websites that support learning** and skill development.
- We use **productivity tools for organizing** tasks, schedules, and assignments.
- We use **creativity apps and websites that encourage art**, music, writing, and content creation.
- We use **communication platforms to stay in touch** with friends, family, and peers.
- We use **health and wellness apps for tracking exercise**, nutrition, and mental well-being.
- We use **e-book readers to read** digital books and educational materials.
- Our **devices have parental controls** and appropriate content filters.
- **We don't use apps or websites that violate family values**, safety guidelines, or personal boundaries.

#### WHEN CAN SCREENS BE USED?

- Screens are turned **off after 8 p.m.**
- Screens are turned **off one hour before bedtime.**
- Screens are **plugged into the central charging location** during meals and/or family time.
- Screens stay turned off **before school.**
- Screens are put away **during social gatherings.**

#### WHERE CAN SCREENS BE USED?

- Screens stay **out of the bedroom.**
- Screens stay **out of the bathroom.**
- Screens must be **plugged into the central charging location** when it's not established "screen time."
- Devices must be left behind **during family hikes or walks.**
- Our **designated study areas** or calming areas are screen-free.

#### HOW LONG CAN SCREENS BE USED FOR?

- We use screens for up to [# minutes] **per weekday.**
- Screens are available for up to [# minutes] **after school hours.**
- We turn off screens during **designated outdoor/playtime**, which lasts [# minutes].
- We use screens for up to [# minutes] **before school hours.**
- We use screens **during travel or commutes** up to [# minutes] per journey.
- We use screens up to [# minutes] per day **during weekends and breaks** from school.

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-Krista

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