



Our family screen time agreement



We, the _____ family, agree to follow these guidelines for using screens to make sure we spend quality time together and maintain a healthy balance between online and offline activities.

In the week, we will spend _____ online (*excluding school/work responsibilities*).

When it is time to eat, we will _____ our phones and tablets (*put them in a designated spot, switch them off*).

We will take breaks from screens every _____ to rest our eyes and engage in other activities.

During family time, such as movie nights or game nights, we agree to _____ (*limit, avoid*) personal screen use.

Before bedtime, we will turn off screens at least _____ before sleeping.

In the car, we will _____ (*limit screen time, use screens responsibly for specific purposes*).

We agree to use devices in common areas such as _____ and avoid screens in areas like _____.

If someone is speaking to us, we will _____ our devices to give them our full attention.

We agree to prioritise physical activities and hobbies over screen time by doing _____ before engaging with screens.

As a family, we will review this agreement every _____ and make changes if needed.

Signatures: