

Family Screen Agreement

Fill in together. Sign it. Put it somewhere visible.

Complete this together as a family during a calm moment. Not during an argument. Not immediately after a bad screen incident. In a normal moment, when everyone is okay.

The _____ Family Screen Agreement

Screens Are Allowed At These Times

School days: from: _____

School days: until: _____

Weekends: from: _____

Weekends: until: _____

Screens Are Not Allowed

☐ At mealtimes (breakfast, lunch, dinner)

☐ In bedrooms after _____ pm

☐ In the hour before bed

☐ During homework time

☐ Other: _____

Devices Charge Overnight In

Location: _____

Screen-Free Zones In Our Home

☐ Dining table

☐ Bedrooms (overnight)

☐ Car (short journeys)

☐ Other: _____

High-Impact Screens (Phone / Social Media / Short Video)

Allowed from: _____

Allowed until: _____

Not allowed on: _____

If a Rule Is Broken

First time: _____

Second time: _____

Third time: _____

We Will Review These Rules On

Date: _____

Signed

Parent / Carer 1: _____

Parent / Carer 2: _____

Child: _____

Child: _____

Child: _____