

Our Family's Screen Use Agreement



1. We will not use our screens during meal times.
2. We will not use our screens 1hr before going to bed.
3. We will balance our screen use with screen-free family activities such as _____ (eg. going to the park).
4. _____
5. _____
6. _____
7. _____
8. _____
9. We agree to be honest and own up if we break any of the rules in this agreement.
10. If someone in our family repeatedly breaks the family contract, _____ [Consequence].
(e.g. devices will be taken away)

Agreed by:



Mum/Dad/Caregiver's fingerprint



Child(ren)'s fingerprint

Our Family's Screen Use Agreement

1. We will not use our screens during meal times.
2. We will not use our screens 1hr before going to bed.
3. We agree not to share personal information without checking with _____ [Parent/Caregiver].
4. We agree not to view or send inappropriate content [e.g. violent, pornographic content].
5. We agree not to physically meet anyone we have "met" online without checking with _____ [Parent/Caregiver].
6. We will balance our screen use with screen-free family activities such as _____ (eg. going to the park).
7. _____
8. _____
9. We agree to be honest and own up if we break any of the rules in this agreement.
10. If someone in our family repeatedly breaks the family contract, _____ [Consequence].
(e.g. devices will be taken away)

Agreed by:

Mum/ Dad/ Caregiver's signature

Child(ren)'s signature