

## Child TV Time Contract

I, \_\_\_\_\_ Child's Name \_\_\_\_\_, understand that TV is a privilege and that my parents have rules in place to keep me safe. I will follow these rules and ask questions if there's something I don't understand.

- TV time is limited to \_\_\_\_ hours a day, not educational television.
- I can watch TV only when my homework and other chores are done (unless my parents grant permission.) If my grades fall or I develop behavioral problems, I understand that my TV privileges can be revoked.
- I will only watch channels/shows that have been approved by my parents:
- \_\_\_\_\_
- I will not watch any show that is rated higher than: \_\_\_\_\_
- If I feel worried, scared, confused or unsure by something I see on TV, I will talk to my parents or a trusted adult.

We, \_\_\_\_\_ Parents' Names \_\_\_\_\_, agree to abide by the following conditions in order to promote safety and build trust:

- We will keep adult channels password-protected.
- We will make every effort to research the appropriateness of a new show or channel that our child wants to watch.
- We will make sure that our child goes outside and engages in other activities with friends.
- We will be open and understanding to any issue or problem our child encounters while watching TV, and make every attempt to solve it calmly and informatively.

\_\_\_\_\_  
Child's Signature

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date