

Screen Time Contract

This agreement is made on _____ between _____, hereafter "Child," and _____, hereafter "Parents," regarding screen time for the Child and the family as a whole:

The Child recognizes that screen time is moderated for overall physical and mental health and to help maintain a balanced lifestyle. Screen time plans are not a punishment.

The Parents have final say in access to certain websites, games, and programs. TV shows with certain themes or content, music with certain language or content, video games of a certain rating, and social media apps may be monitored or restricted.

Screen time (TV, tablets, computers, video game consoles, smart phones) are limited to _____ hours per day on weekdays and _____ hours per day on weekends.

On holidays and vacations, screen time is allowed for _____ of travel. Screens must be put away or left behind for _____

so as to fully enjoy unique and memorable experiences together.

There will be no screen time during the following events or activities: _____

The Child has expressed interest in the following options that should be encouraged instead of screen time: _____

The Child may not have screen time if the following obligations have not been met:

Screen time spent on homework purposes will not count toward the screen time monitored in this contract.

There will be no screen time after _____

(Child)

(Date)

(Parent 1)

(Date)

(Parent 2)

(Date)