

HOW TO BUILD YOUR FAMILY SCREEN TIME CONTRACT

PLEASE COMPLETE WITH YOUR FAMILY

A Family Screen Time Contract is an agreement between family members to help build a balanced day around technology use.

1. Make a decision at home to reduce your screen time.
2. Meet with family members and go through the screen time contract suggestions together.
3. Copy these items onto the blank template provided to finalize your Power Off and Play Family Screen Time Contract.
4. Post your contract on your fridge or in a common area.
5. Evaluate
Discuss your contract at the end of the first week.
 - How did it go? Can you continue? Can you add to your contract?
 - Did reducing your screen time affect how your family interacts? How did this make you feel?
 - How will you use your devices differently?
 - How did you use this extra free time?

Age	Recommended hours of screen time
Under 2 years	None
2-4 years	Less than 1 hour a day
5-17 years	No more than 2 hours of recreational screen time a day





OUR FAMILY SCREEN TIME CONTRACT



FAMILY NAME:

AS A FAMILY, we will commit to reducing our screen time by...

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CONTRACT WILL BE REVIEWED EVERY:

SIGNATURE:

DATE:





FAMILY SCREEN TIME CONTRACT SUGGESTIONS



Commit to a screen-free household on:

- Weekday nights
- _____ (day of the week)
- All evenings
- Before school

Remove screens and devices from:

- Bedrooms
- Dining Area
- Cars
- Restaurants
- Other: _____

Turn off devices during:

- All meals
- 1 hour before bed
- Before school and work
- Designated family time
- Activities outside of the home (drop in programs, organized sports)
- Other: _____

Only use devices when:

- Completed self-care (meditation, personal hygiene)
- Completed Homework
- Completed chores
- Had screen-free play inside/outside
- Practiced _____ (ex. Piano, dance, hockey)
- Completed _____ minutes of physical activity
- Other: _____

Charge devices away from:

- Bedrooms

When we visit family or friends:

- Leave devices at home
- Put devices away
- Only use it for emergency

Caregiver has the right to:

- Monitor my phone for appropriate use
- Create a family rule around social media
- Provide appropriate games and programs for screen time
- Agree to have all devices linked to an adults device (including passwords)
- Regular adult audits

Caregiver will put devices away during

- Conversations
- Mealtimes
- Other: _____

Stay within the daily recommended hours of screen time we will allow _____ of screen time:

- 1 hour
- 2 hours
- 3 hours
- ___ hours

Age	Recommended hours of screen time
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USING THESE SUGGESTIONS, CHECK OFF ITEMS THAT APPLY TO YOU AND YOUR FAMILY. REMEMBER, YOU CAN ALWAYS ADD YOUR OWN!

