Family Screen Time Rules

A printable family agreement | FamiWise

Child name: _____ Date: _____

Our family rules

- ■ We keep entertainment screens away during family meals.
- ■ We follow an agreed screen-off routine before bedtime.
- ■ Devices charge outside bedrooms overnight when appropriate.
- ■ We ask before downloading new apps or games.
- ■ We ask before making any in-app purchases.
- ■ We protect private information and passwords.
- ■ We tell a trusted adult about upsetting or unsafe online experiences.
- ■ We make time for sleep, movement, homework, friends, and offline play.
- ■ We take breaks during long screen sessions.
- ■ We review these rules together as our needs change.

Our family agreement

School-day recreational screen time: _____

Weekend recreational screen time: _____

Screen-free places/times: _____

Exceptions (schoolwork, family calls, accessibility needs): _____

Child signature: _____ Parent/caregiver: _____

Weekly Screen Time Planner

Plan together, then adjust as needed. Times are family choices, not medical limits.

Day	Planned recreation	Actual use	Notes / what worked
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly family check-in

What went well? _____

What should we change next week? _____

Review date: _____

Family tip: Consider the content, context, and what screen use may replace - especially sleep, physical activity, and connection.