Our family screen agreement

Write it together — in your child's handwriting if they can — then put it up where everyone can see it.

Our names · Date

1. When we use screens
School days / weekends and holidays

2. Screen-free places and times
The table? Homework time? Bedrooms?

3. Bedtime
When screens go off, and where devices sleep

4. What we watch and play
And what we ask about before downloading

5. What we do together on screens

6. What we do instead of screens

7. What the adults promise

8. When something goes wrong
We tell an adult, and nobody is punished for telling

9. We review this agreement on

Child's signature · Parents' signature