

This is a contract describing how our family will access and use electronic devices. "Electronics" includes all electronic devices with screens, not just the ones considered to be our personal property. This contract will be reviewed on _____ . At that time, the parents may renew, amend, or discontinue use of this contract.

1. Earning Screen Time Devices may be used when responsibilities (chores) are completed. <i>Ex. Homework, getting dressed, being ready for school, making beds, helping with dishes, caring for pets, etc.</i>		List responsibilities to be completed before electronics use below. _____ _____
2. Screen Time Limits School Nights & Weeknights Electronic devices can be used for a maximum of _____ hours/minutes per day. Electronic devices cannot be used for more than _____ hours/minutes at a time.	Weekends, Holidays & Summer Electronic devices can be used for a maximum of _____ hours/minutes per day. Electronic devices cannot be used for more than _____ hours/minutes at a time.	
3. Power-Off School Nights & Weeknights Our family will power off all devices at _____ o'clock. The devices remain off until the next morning. Devices will not be turned back on until responsibilities listed in #1 are complete.	Weekends, Holidays & Summer Our family will power off all devices at _____ o'clock.	
4. Device Storage & Charging When powered off or charging, personal devices will be kept in this location.	iPad/Chromebook _____ cell phone _____	
5. Screen Time Blackouts Our family will not use our devices during the following times: <i>Ex. Meals, family time, school, riding in the car, etc.</i>	Electronics will not be used during these times. _____ _____	
6. Internet Use and Passwords: Children <input type="checkbox"/> ARE <input type="checkbox"/> ARE NOT allowed to surf the web unsupervised. Children <input type="checkbox"/> ARE <input type="checkbox"/> ARE NOT required to provide parents with login and passwords for all accounts. Children <input type="checkbox"/> ARE <input type="checkbox"/> ARE NOT allowed to have secret accounts, create new accounts, or change passwords without a parent's permission.		
7. Social Media Behavior Our family agrees to never share personal information or to use social media to be hurtful or mean to others.		
8. Alternatives to Screen Time: Our family agrees that too much screen time is unhealthy. We will balance screen time with non-electronic activities. <i>Ex. Playing outside, playing musical instruments, sports, reading, puzzles, creative arts, etc.</i>	Non-screen time activities _____ _____ _____	
9. Travel Vacations After arriving at our destination, our family will limit screen time to _____ minutes in the morning and _____ minutes in the evening.	Parents will decide which, if any, electronic device may be taken along on activities, such as hiking, going to the beach, cycling, etc.	
10. When the Contract is Broken Our family recognizes that screen time is a privilege not a right. If anyone repeatedly breaks the family contract, devices will be taken away. Parents will decide for how long.		