

# SCREEN TIME CONTRACT

## *The Basics*

- I recognize that screen time is a privilege and not a right. If I break this contract, my devices can be taken away and my parent will decide for how long.
- I understand that too much time on screens can negatively impact my health and well-being. I will be mindful of how much time I spend in front of screens, and I will continue to enjoy other activities – and people – in my life.
- I will help my family set screen time limits that make sense and I will follow them.
- I understand that it is part of my parent’s responsibility to hold me accountable and help me make good decisions. As part of this, I will provide them access and passwords to my devices and accounts so they can look at them at any time.
- I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles.
- I know that whatever I share online or with my cell phone can spread fast and far. I will not post anything online that could harm my or a peer’s reputation.
- I will not create accounts or give out any private information – such as my full name, date of birth, address, phone number, or photos – without my parent’s permission.
- If anyone makes me feel pressured or uncomfortable, or acts inappropriately toward me online, I’ll stop talking to that person and will tell my parent about it.

## *The Specifics*

- I will not use any of my devices on school nights until after homework and chores are completed.
- I will shut down all my devices on school nights at \_\_\_\_\_ p.m. or after \_\_\_\_\_ hours/minutes of use. The devices will remain off until the next morning.
- I will limit screen time on weekends and holidays to \_\_\_\_\_ hours/minutes per day.
- I will not use any of my devices in my room without my parents’ consent.
- I will store and charge my devices in a common area of my home agreed upon by my parents.
- I can earn extra screen time by doing other chores or certain activities (reading, exercising, etc.) agreed upon with my parent.

<i>Chore / Activity</i>	<i>Hours/Minutes of Extra Screen Time</i>

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_