

# Screentime Contract

Devices/screens of contract (such as cell phones, TV, computer, gaming device, and so forth):

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Screens may be used for \_\_\_\_\_ per weekday and \_\_\_\_\_ per weekend.

Screens may be used between the following hours: \_\_\_\_\_ and \_\_\_\_\_.

Screens may NOT be used between the following hours: \_\_\_\_\_ and \_\_\_\_\_.

Screen-free zones include \_\_\_\_\_.

Screens will be charged in this location (outside of bedroom): \_\_\_\_\_.

What must take place in order for screen time to be allowed (for example, completion of homework and chores)?

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How will screentime be monitored so I will stop on time (for example, setting a timer, getting one warning, stopping independently)?

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What are exceptions to these screentime rules (for example, vacations, illness, computer or phone use during homework, and so forth)?

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**Device Rules and Consequences**

Use of device outside of agreed upon timeframe results in the loss of that device for \_\_\_\_ days.

Not turning off the device when asked results in the loss of device for \_\_\_\_ days.

Downloading a game, app, etc. without permission results in loss of screens for \_\_\_\_ days.

Disrespectful language to friends/siblings/parents during use of play results in one warning. At the second warning, the device is turned off for the remainder of the day.

Damage to the device as a result of poor behavior or decision making results in loss of use until the device is repaired. \_\_\_\_\_ will pay for the repair/replacement.

\_\_\_\_\_ results in

\_\_\_\_\_

Safety rules (for example, address, phone number, and names are not allowed to be shared online):

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\_\_\_\_\_

\_\_\_\_\_

Additional Considerations:

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***Parents have the right to amend this contract at anytime if they discover the agreed upon rules are not working for the family.***

**Signatures (parents and kids):**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

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Date

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