

Our Family Screen Use Agreement

"We value connection, balance, and intentional use of technology. Together, we're creating healthy screen habits for our family."

1. Our Family Values

"Screens are important to us because..."

"We want to use our devices in ways that feel..."

2. Our Screen Rules (Examples: Screens off during mealtime, No phones in bedrooms overnight, Screens only after homework and outdoor play, No devices while walking...create your own below:

1. _____

2. _____

3. _____

4. _____

5. _____

3. Special Exceptions

"Special exceptions we agree on (like road trips or sick days):"

4. Our Commitment

Signature _____

Signature _____

Signature _____

"We agree to do our best to follow these guidelines with kindness and respect."

Reflection Questions

“Get Curious! Ask questions and listen without judgement.”



1. Connection

What's our favorite thing to do together without screens?

2. Awareness

How do we feel after a day with too much screen time?

3. Change

What's one screen habit we'd like to change this week?

4. Mindfulness

What's one mindful habit we want to try instead of screen time?

5. Emotional Check-in

How do we feel while watching screens? How do we feel when it's time to turn screens off?

These prompts are designed to spark conversation and help your family understand your relationship with technology.