

Family Name: _____

Date Created: _____

Next Review Date: _____

Shared Values

We agree that technology should:

- Support learning, creativity, and connection
- Never interfere with sleep, school, family time, or health
- Be used respectfully and responsibly

Daily Screen Time Limits (insert time limits in chart)

Activity Type	Weekdays	Weekends
Gaming	-----	-----
Social Media	-----	-----
Educational Use	As needed for school	
TV/Streaming	-----	-----

Tech-Free Zones & Times

We agree to keep devices out of:

- Bedrooms after _____ PM
- The dinner table
- Family outings and activities

Gaming Boundaries

- Games must be age-appropriate (rated E or T unless discussed)
- No gaming before homework or chores are done
- If gaming causes anger, withdrawal, or sleep loss, we'll pause and talk

Respect & Safety

We will:

- Ask before posting photos of each other
- Never share passwords or personal info online
- Speak up if we see bullying, harassment, or unsafe behavior

Consequences

If boundaries are broken:

1. A conversation to understand what happened
2. Temporary loss of device or privilege
3. Revisit the agreement together

Review & Adjust

We'll revisit this agreement every 3 months to make sure it still works for everyone.

Signatures:

Parent/Guardian: _____

Child: _____