

# SCREEN TIME CONTRACT

The American Academy of Pediatrics recommends:

**Younger than 18 months:** Avoid screen use except for video chats with loved ones.

**2-5 years:** Limit screen time to one hour a day of high-quality, age-appropriate content.

**6-8 years:** Balance screen use with reading, hobbies, and time with friends and family. Make sure it doesn't interfere with sleep, exercise, and other healthy behaviors.



I, \_\_\_\_\_, will

01

## THE BASICS

- ☐ share my username and passwords with my parents.
- ☐ allow my parents to set my privacy settings.
- ☐ not create any accounts without my parents permission.

02

## STAYING SAFE

- ☐ not accept friend requests, play games with, or message strangers.
- ☐ not share my name or location with strangers.
- ☐ not meet in person with anyone I've met online.
- ☐ tell my parents if I'm sent or asked for inappropriate images or information.

03

## RESPONSIBLE USE

- ☐ respect the time limits set by my parents.
- ☐ never upload photos or videos of any one without their consent
- ☐ find ways to connect with friends other than technology.

04

## CONSEQUENCES

I understand the following consequences if I break this agreement.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

05

## PARENT GUIDE

- ☐ Child may not reset phone password without permission
- ☐ Parent will review content and privacy restrictions regularly
- ☐ Child must check in device with me overnight
- ☐ Child may not download anything without permission

## I UNDERSTAND THAT:

**You can take away my phone and other devices at any time. Having a phone and other devices connected to the internet is a privilege and a responsibility that I will take seriously.**

**You will be taking an active role in my safety online and will be prioritizing my safety over my desire for privacy. We can revisit this Contract and update it as needed.**

**By signing below, I acknowledge that I have read, understood, and that I agree to follow this contract.**

Child Signature

Parent/Guardian Signature

# FAMILY TECH PLANNER

For families with children age 2–8



You can use this planner to set rules for screen time as a family. Talk with your kids about which platforms and devices are okay to use, like TV, tablets, phones, and video games. And decide together when, where, and for how long they can use them. Be sure to let your kids share their ideas, too!

Child's Name

Devices and services we can use

(TV, tablet, Netflix, Disney+, Switch, etc.)


## FAMILY EXPECTATIONS

The American Academy of Pediatrics recommends:

**Younger than 18 months:** Avoid screen use except for video chats with loved ones.

**2–5 years:** Limit screen time to one hour a day of high-quality, age-appropriate content.

**6 and older:** Balance screen use with reading, hobbies, and time with friends and family. Make sure it doesn't interfere with sleep, exercise, and other healthy behaviors.

## WHEN, WHERE, AND FOR HOW LONG

Create a schedule that works for your family!

We Can Use Devices:

Weekdays:

Weekends/Holidays:

Child's Name

Amount of Time

Amount of Time


We Won't Use Devices:

Notes or exceptions to the rules:

- ☐ At mealtimes
- ☐ During family time
- ☐ Before bed
- ☐ In the bedroom
- ☐ In the car/public transportation
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_


