DESCREENED

Family Tech Agreement

Complete this together. The goal is not perfection - it is a plan everyone understands and can revisit.

Family name _____ **Start date** _____ **Review date** _____

1. Our shared purpose

Choose what your family wants technology to support.

- ☐ Better focus and schoolwork
- ☐ Better sleep
- ☐ More family connection
- ☐ Safer online choices
- ☐ More offline hobbies
- ☐ Other: _____

2. Our device-free zones

Select the places where phones, tablets, and gaming devices stay away.

- ☐ Dining table / meals
- ☐ Bedrooms overnight
- ☐ Homework area
- ☐ Short car rides
- ☐ Family outings
- ☐ Other: _____

3. Our device-free times

Pick predictable moments when everyone is present and devices are put away.

- ☐ During meals
- ☐ During focused homework
- ☐ 1 hour before bed
- ☐ School mornings
- ☐ Planned family time
- ☐ Other: _____

4. Recreational screen-time plan

Schoolwork and necessary communication can be handled separately.

Family member	Weekday limit	Weekend limit	Device bedtime	Notes

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Use these rules as a starting point. Add, remove, or rewrite anything so it fits your family.

5. How we will use technology

Select the expectations that everyone agrees to follow.

- [ ] We communicate respectfully online and do not post to embarrass or harm others.
- [ ] We protect personal information and use privacy settings appropriate for our age.
- [ ] Children ask before downloading apps, making purchases, or creating new accounts.
- [ ] We tell a trusted adult when something online feels unsafe, upsetting, or confusing.
- [ ] We pause devices when someone is speaking to us.
- [ ] Devices charge overnight in the agreed location.
- [ ] Adults will model the same healthy habits they expect from children.

6. Safety and support plan

Decide who children can contact and how adults will help without immediate blame.

Trusted adult 1 _____ **Trusted adult 2** _____

Our family response when someone reports a problem: _____

7. When a rule is missed

Use calm, predictable steps instead of surprise punishments.

- [ ] Pause and talk about what happened
- [ ] Take a short device reset
- [ ] Repair harm caused
- [ ] Adjust settings or access together
- [ ] Review the agreement
- [ ] Other: _____

8. Our go-to offline activities

List options that are realistic, available, and enjoyable for your family.

9. Family check-in and signatures

Plan a short review, celebrate what worked, and adjust what did not.

Check-in day/time: _____ **Reward or family activity after a strong week:** _____

Adult / caregiver signature _____ **Child / teen signature** _____ **Date** _____

This is a family planning tool, not a legal contract. Revisit it as ages, schedules, and needs change.