

# OUR FAMILY SCREENTIME PACT

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By signing this paper, we, \_\_\_\_\_ and \_\_\_\_\_ hereby agree to the clauses outlined within our family Screen Time pact regarding our use of mobile devices. We fully understand the need for screen free time and reasons behind each clause.

6:41 PM

Messages Darling Child Details

To: The Parent

1 If my parents are talking to me I will listen to what they say and not look at my mobile device.

2 If a parent interrupts me during allocated screen time I will not argue.

3 During screen free time I will not ask for additional screen time and will find other things to do as there is more to life than my device.

4 I will not bring my mobile device to the dinner table.

5 Write your own rule and sign below

7:00 PM

Messages The Parent Details

To: Darling Child

1 If my kids are talking to me I will listen to what they say and not look at my mobile devices.

2 I agree to respect the time my kids have to play on their devices and will only interrupt if I believe it is important to do so.

3 During my kids screen free time I will not dictate what they have to do (unless it's homework related).

4 I will not bring my mobile device to the dinner table.

5 Write your own rule and sign below