




OUR FAMILY SCREEN TIME PACT

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 the reasons behind each clause.







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Darling Child

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 is there more to life than my device.

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

5 Write your own rule and sign below





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The Parent

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 device to the dinner table.

5 Write your own rule and sign below