



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.




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




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