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Collaborative Family Screen-Time Agreement

Part 1: Notice when screen use leads to disagreements

Talk together about screen-free times or places that may work for your household. Keep the plan flexible.

Participant Name: _____ **Date:** 11 Nov 2026 **Target: 30 MIN**

1 CHOOSE SHARED SCREEN-FREE TIMES OR PLACES

Discuss a few moments or places where your family would like to put devices aside, such as meals.

PRACTICAL TIP: Make the plan realistic and consider exceptions for school, safety, and contacting family.

2 PLAN FOR STUDY AND LEISURE SCREEN USE

Talk about when screens are needed for school or coaching and how you would like to handle leisure use.

PRACTICAL TIP: Consider homework, coaching, family responsibilities, and the student's need to contact others.

3 NOTICE WHEN DISAGREEMENTS HAPPEN

Write down moments when screen use leads to tension, such as stopping a game or receiving messages during study.

PRACTICAL TIP: Describe what happened without assigning blame, then discuss one possible adjustment.

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Part 2: Make a plan and choose when to review it

Agree on what you will try, how to adjust it, and a date to talk about how it is working.

Participant Name: _____ **Date:** 11 Nov 2026 **Target: 30 MIN**

4 PLAN HOW TO HANDLE DIFFICULT MOMENTS

If the plan is hard to follow, decide together what calm, reasonable next step might help.

PRACTICAL TIP: Keep the plan proportionate and open to adjustment; avoid shame or threats.

5 CHOOSE 3 SCREEN-FREE ACTIVITIES YOU ENJOY

List a few screen-free activities your family members enjoy or would like to try.

PRACTICAL TIP: Choose options that are practical for your family and available in your area.

6 SIGN THE PLAN AND CHOOSE A REVIEW DATE

If everyone agrees, sign the plan and choose a date to review what worked and what should change.

PRACTICAL TIP: A family agreement can be updated when circumstances or needs change.