



Screen Time Contract

1. This contract applies to:
(family member names)

2. This contract includes these devices (circle):

iPad/Tablet

Video Game

Cell Phone

Computer

Television

Other: _____

3. Screen time is not available until the following is done
and for the times listed below:

Name: _____

M _____ minutes daily

T _____ minutes daily

W _____ minutes daily

Th _____ minutes daily

F _____ minutes daily

Sa _____ minutes daily

Su _____ minutes daily

Name: _____

M _____ minutes daily

T _____ minutes daily

W _____ minutes daily

Th _____ minutes daily

F _____ minutes daily

Sa _____ minutes daily

Su _____ minutes daily

Name: _____

M _____ minutes daily

T _____ minutes daily

W _____ minutes daily

Th _____ minutes daily

F _____ minutes daily

Sa _____ minutes daily

Su _____ minutes daily

4. I will stop using my device when I am told that I am done for the day (even if I think I haven't been using it for very long).
5. I will not play games nor use apps that have not been approved by my parents. This is the case no matter where I am at - home, friends house, school.
6. My parents have the right to look at my device at any time to track the videos I watch, games I play and see anything else they wish to look at.
7. I understand that devices are not a necessity and mine can be taken away if I break any terms of the contract.

My device will be given back to me when my parents feel the time is right.

8. I will never give out my personal information to anyone on-line. My name, address, phone and other details are always to be kept private and never given to anyone.
9. Any passwords I know and use will never be shared with anyone.
10. I will tell my parents if anyone asks me for the things I know I am not suppose to tell them. I will also report anything inappropriate immediately to my parents.

11. If I do not follow the rules of this contract, this is what will happen:

12. My parents have the right to over rule anything in this contract at any time.

Signed by:

Date: _____
