

# SCREEN TIME CONTRACT

1

This contract applies to: (family member names)

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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:

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NAME: \_\_\_\_\_

**MON** \_\_\_\_\_ mins daily

**TUE** \_\_\_\_\_ mins daily

**WED** \_\_\_\_\_ mins daily

**THU** \_\_\_\_\_ mins daily

**FRI** \_\_\_\_\_ mins daily

**SAT** \_\_\_\_\_ mins daily

**SUN** \_\_\_\_\_ mins daily

NAME: \_\_\_\_\_

**MON** \_\_\_\_\_ mins daily

**TUE** \_\_\_\_\_ mins daily

**WED** \_\_\_\_\_ mins daily

**THU** \_\_\_\_\_ mins daily

**FRI** \_\_\_\_\_ mins daily

**SAT** \_\_\_\_\_ mins daily

**SUN** \_\_\_\_\_ mins daily

# SCREEN TIME CONTRACT

## PAGE 2

**NAME:** \_\_\_\_\_

**MON** \_\_\_\_\_ mins daily

**TUE** \_\_\_\_\_ mins daily

**WED** \_\_\_\_\_ mins daily

**THU** \_\_\_\_\_ mins daily

**FRI** \_\_\_\_\_ mins daily

**SAT** \_\_\_\_\_ mins daily

**SUN** \_\_\_\_\_ mins daily

**NAME:** \_\_\_\_\_

**MON** \_\_\_\_\_ mins daily

**TUE** \_\_\_\_\_ mins daily

**WED** \_\_\_\_\_ mins daily

**THU** \_\_\_\_\_ mins daily

**FRI** \_\_\_\_\_ mins daily

**SAT** \_\_\_\_\_ mins daily

**SUN** \_\_\_\_\_ mins 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—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 online. 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 supposed to tell them. I will also report anything inappropriate immediately to my parents.

# SCREEN TIME CONTRACT

PAGE 3

11

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

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12

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

**SIGNED BY:**

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**DATE:** \_\_\_\_\_