

Family Screen Time Agreement

Fill this in together as a family — an agreement, not a rule handed down.

Child's Name: _____ Date: _____ Reviewed On: _____

Screen Categories and Limits

Category	Examples	Agreed Daily Limit
Study screens	Online classes, revision apps, research	
Leisure screens	Games, social media, videos	
Grey zone	Educational YouTube, group chats	

Device-Free Times We Agree On

Parental Control Tools We're Using (and Why)

What Happens if the Agreement Isn't Followed (decided together, in advance)

Signatures

Child: _____ Parent: _____