Our family screen rules

Fill it in together. Everyone signs, grown-ups too. Review it each term.

Screens are off at (meals, the hour before bed…):

Screens stay out of (bedrooms, the car…):

On school days we can use screens for:

Before screens we always:

Apps and games we have agreed on:

Online, we never share:

If something online feels wrong, I will:

Grown-ups promise to:

Signed: