

OUR SCREEN TIME AGREEMENT



WE'RE THE _____ FAMILY!

WE LIKE TO _____

WE VALUE _____

WHAT DO WE DO AND NOT DO ON OUR
SCREENS?

WHERE DO WE AND WE DON'T USE
SCREENS?

WHEN DO AND DON'T WE USE SCREENS?

HOW LONG WILL WE USE SCREENS?

What would we like our family to be known for?

What do we value most?

Here are some more ideas to get your started.

WE LIKE TO:

- Laugh together
- Ride bikes
- Cook meals together
- Travel together
- Spend time with our pets
- Take adventures
- Go camping
- Do draft projects
- Read together
- Celebrate holiday traditions
- Garden
- Do puzzles
- Play sports
- Visit museums
- Go to the beach
- Host friends
- Get outside
- Learn things together

WE VALUE:

kindness
honesty
togetherness
respect

OUR SCREEN TIME AGREEMENT



WE'RE THE _____ FAMILY!

WE LIKE TO _____

WE VALUE _____

What do we and do we not use screens for?

We use educational apps and websites that support learning and self-development

We use productivity tools for organizing tasks, lists and assignments

We use creativity apps and websites that encourage art, music and creation

We use health and wellness apps to track our physical health, nutrition and that support mental wellbeing

We use e-books to read digital books

We have parental controls and content-filters appropriate to our age on all apps, websites and platforms

We do not use any apps, websites or platforms that violate our family values, safety guidelines or personal feelings of safety, wellness and confidence.

Where do we and don't we use screens?

Screens stay out of the bedroom

Screens stay out of the bathroom

Screens must be plugged into the central charging location when it's not established screen time

Devices must be left behind during family hikes or walks

Our designated study areas or calming down areas in the house are screen-free

How long will we use screens?

We use screens for up to _____ minutes per weekday

Screens are available for up to _____ minutes after school hours

We turn off screens during designated outdoor playtime which lasts _____ minutes

We use screens for up to _____ minutes before school hours

We use screens during travel or commutes for up to _____ minutes per journey

We use screens for up to _____ minutes during weekends or holiday time

An example conversation: delaying social media until children are 16.

Before I tell you what I've decided, I'm going to tell you about the things I've learned that have helped influence this decision.

1. There is a ton of scientific research that shows that when kids in early adolescence are on social media it increases their likelihood of being more anxious or even depressed significantly. Even though having it might feel really good in some ways, it actually will ultimately make you not feel good.
2. The second thing I've learned is that it's actually very addictive. I know this myself. Sometimes I can get stuck scrolling on social media, even with my fully developed, adult brain. What this means is that even whilst social media is making you feel bad, your brain is craving it, thinking 'If I just get a little more I'll feel better' – but it's actually slowly making you feel worse and worse. (a similar effect that we have talked about with alcohol or drugs)
3. Thirdly, it affects your ability to enjoy other things. Kind of like if you were to eat something really, really sweet before you ate a piece of fruit, your brain would find that fruit less satisfying, even though it has more nutrients and nutrition than the sweet thing you ate right before. If you're on social media, it makes it harder to enjoy just being with your friends.
4. The last thing is that there is a lot of harmful and inappropriate content online and harmful people who are good at deceiving young teenagers. So I've decided you can have a social media account when you are turn 16. It's at that age that I think your brain will be ready to protect yourself against harmful things online, against the addictive tendency to get stuck on social media and against the distraction of social media, which could get in the way of you doing the things you want and need to do.

It's okay if you're angry about this or feel sad about it or both.

When you were younger and I wouldn't let you run out into the road without waiting, you used to get so upset with me because you just wanted to be free and do things on your own. Now you're older, I hope you understand why I protected you from the traffic and when you get even older, you'll understand why I did the same thing with social media.

Transcribed from a video by Eli Harwood, author of Raising Securely Attached Kids.