Our Agreement

While we all know technology is super fun, it's important to know the rules so you can stay safe (and get help if you need).

1. School Nights & Weeknights
I understand our family rules say I need to switch off my devices at ________ o'clock. I understand my devices need to stay off until the next morning, and they will not be turned back on until ________ o'clock.

2. Weekends
Our family limits screen time on weekends and holidays to ________ hours a day. I know this is to help me balance my screen time with other things that are important too. I know I need to check with my parents if I want to use my device, so they can tell me how long I can use it for and check what I'm doing is ok.

3. Holidays
When we go on holidays, I understand that this is a special time to enjoy with my family. Unless my parents say otherwise, I agree to leave my devices in our hotel or apartment and won't take them on activities, unless my parents say its ok.

Signed by: __________________________ Date: __________________________

(Name)

Signature: __________________________