

Family Media Agreement

_____ (Last name)

Family Media Intention: We will use media in a smart and safe way that contributes to our family's health, growth and well-being.

Our media includes (list all cell phones, computers, laptops, gaming systems, phones, readers etc.): _____

They will be used in the following rooms: _____

and not in: _____

We know each day we will prioritize the following:

	<u>Times</u>	<u>Places</u>	<u>Who Will Be Involved</u>
Breakfast			
Lunch			
Dinner			
Homework			
Activity			
Bedtime			
Media/Screens			

We will use _____ (a computer timer, a kitchen timer, phone alarm?) to help us know when our screen time has ended.

We will NOT ever use media (during dinner?): _____

Exceptions will be made to the above when (someone is sick?): _____

For kids — If I see something disturbing, I will discuss it with a parent.

Signed: _____
