_____________ 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:

<table>
<thead>
<tr>
<th>Times</th>
<th>Places</th>
<th>Who Will Be Involved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
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<tr>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
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<tr>
<td>Homework</td>
<td></td>
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<tr>
<td>Activity</td>
<td></td>
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<tr>
<td>Bedtime</td>
<td></td>
<td></td>
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<tr>
<td>Media/Screens</td>
<td></td>
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</tbody>
</table>

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:______________________________________
______________________________________
______________________________________

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