

Our family screen-time agreement

A shared trial to protect attention, responsibilities and time together. Adults take part too.

Family / household

Start date / review date

1. What are we making room for?

Name one or two priorities, such as a calmer bedtime, shared meals, friendship or Scripture reading.

2. Our shared boundaries

Which times or places are free of optional screens? Where do devices go? What reminder comes before stopping?

3. Each person's arrangement

Use a row for adults as well as children. Adapt to age, responsibilities and support needs. Print extra copies for more people.

Person / needs	Optional use: when, where and finish	Essential access to keep

Keep necessary contacts, school/work tasks, care and accessibility tools available. Discuss the exact exceptions on page 2.

Check in. Adjust. Begin again.

Discuss these choices together before the trial starts.

4. Exceptions and asking for help

What urgent or planned needs are excluded? Who can approve a change, and how do we ask?

5. What adults will model

Name adult commitments and how work or care exceptions will be explained.

6. A welcoming faith rhythm

If helpful, choose a shared Scripture or prayer moment. Allow honest questions; do not assign verses as a penalty.

7. When the plan goes wrong

How will we pause an argument, explain what happened and agree a proportionate practical repair?

8. Our review conversation

At the review date: what helped our priority, what was unclear, and what one change or new responsibility should we try?

Names / optional signatures

This is a trial we can revise. A signature does not remove anyone's right to ask questions or seek help.