

Technology and Screen Time Contract

June 23, 2024

Screen Time Privilege and Usage

- Screens are a privilege and can be taken away at any time without prior notice.
- Recreational screen time begins after lunch or 1 p.m. and ends at 9 p.m. unless prior permission is given.

School Nights and Weeknights

- Reassess in August

Weekends and Holidays

- Reassess in August

Other Locations

- Reassess in August

Screen Time Blackout

- Screen time blackout from 5-7 p.m. for dinner, reading, etc., unless otherwise communicated.

Device Charging and Storage

- Devices (including the laptops and Switch) will be charged and stored in Mom and Dad's bedroom from 9 p.m. until after lunch unless otherwise communicated.

Alternatives to Screen Time

- Legos
- Play outside
- Swim
- Read
- Draw
- Stop Motion

Web Use and Device Passwords

- Parents keep records of all passwords and children will not keep secret accounts.

Social Media Behavior

- Reassess in August

When the Contract is Broken

- 3 strike rule: reset weekly on Sunday
 - 1st strike: warning
 - 2nd strike: 24 hours with no screen unless family time
 - 3rd strike: consequence determined by parents