Our family screen rules

For everyone in this house, grown-ups too.

Our rules

1. **Screens rest at the table, during homework and before bed.**
2. **Ask first** before you download an app or game or buy anything.
3. **Be kind online.** Only say what you would say face to face.
4. **Keep private things private:** your address, school, passwords and photos.
5. **Something feels wrong? Tell a grown-up.** You won't be in trouble for telling.
6. **When time is up, finish up.** Save the game and switch off without a fight.
7. **Screens charge outside bedrooms at night.**
8. **Grown-ups follow the rules too.**

Before screens

- [ ] Homework done
- [ ] Chores done
- [ ] Moved my body or played outside
- [ ] Room picked up
- [ ] Asked a grown-up

Screen times

School days _____

Weekends _____

Screens off at _____

Charging spot _____

Our own rules

_____

_____

_____

_____

Signed _____ Signed _____ We'll look again on _____