The Family Screen Agreement

Protect a responsibility. Set the rule. Model it.

An agreement should protect attention, duties, and relationships. Adults owe the household an honest example too.

01 Name what the rule protects

Start with one concrete household problem, not a blanket argument about technology.

Specific problem we are addressing

Relationship / responsibility protected

People covered by the agreement

Agreement review date

02 Make the rule clear

Fit the arrangement to age, ability, school needs, and accessibility.

Places where the rule applies

Times and clear stopping cues

Responsibilities completed first

Necessary exceptions and their purpose

The Family Screen Agreement / Review & follow-through

03 Teach the replacement

Agree on the adult example and a workable transition.

Adult standard we will model

What we will do instead

How we will signal the transition

Proportionate response / rebuilding trust

04 Review the agreement

Ask whether it served the responsibility you named.

What improved?

What needs a clearer rule or exception?

One agreed adjustment

Next review time