



Family Screen Time Plan

Screens are part of our daily lives — and our attention matters. This plan is not about perfection. It's about intention.

Talk Openly About Screen Use

Set Shared Expectations

Protect Time That Matters

Adjust As We Grow

What Screens Do For Us

Screens Help Our Family:

What We're Protecting

Some Moments Matter More Than Any Screen. As A Family, We Want To Protect:

In Our Home, We Agree To:

Screens Are Welcome During:

Screens Are Off During:

When It's Hard

There will be moments when this feels difficult. When that happens, we agree to:

We'll Revisit This Plan On: _____

THIS PLAN BELONGS TO OUR FAMILY

Name _____

Name _____

Name _____

Name _____