FREE FAMILY RESOURCE

The Family Screen Time Agreement Kit

Everything you need to sit down with your tween or teen tonight and create screen time rules *together* — not rules you impose.

1

Pick a time

After dinner works. Not during a fight. Not mid-game. Everyone calm.

2

Fill it out together

Sit side by side. Use the conversation starters. Let your teen propose limits first.

3

Sign & check in

Both sides sign. Stick the check-in card on the fridge. Five minutes every Sunday.

The whole process takes 20–30 minutes. One conversation replaces months of fighting.

Based on the approach recommended by the **American Academy of Pediatrics** — collaborative family media plans instead of arbitrary time limits.

From **TAP** (Tech Activity Pact) · treecitydbr.com/apps/screenpact

Conversation Starters

Use these when you sit down to fill out the agreement. Pick the ones that fit your kid's age. You don't need all of them — just get the conversation started.

Ages 9–12 For Tweens

- "If you could make all the screen time rules in this house, what would they be?"
  Kids love being asked their opinion. They'll propose limits surprisingly close to what you'd pick.
- "What's the thing you'd be most upset about if we limited it?"
  Helps you know where to negotiate vs. hold firm.
- "What do you think is a fair amount of time for gaming on a school night?"
  Specific and concrete. Gets them thinking in real terms.
- "Is there anything you see on your tablet or phone that makes you feel bad?"
  Opens the door to content conversations, not just time.
- "What should the consequence be if one of us breaks the agreement?"
  "One of us" — not "you." Shows the agreement applies to both sides.

Ages 13–17 For Teens

- "What do you think fair screen time rules look like for someone your age?"
  Respects their maturity. Signals you're asking, not telling.
- "If we could stop fighting about phones, what would that look like?"
  Acknowledges the conflict is mutual. Both of you are tired of it.
- "What rules would you set for YOUR kid at your age?"
  Perspective shift. Teens often surprise themselves with how reasonable their answer is.
- "Is there anything about how we handle screen time that feels unfair to you?"
  You might hear something hard. Unfairness that's named can be fixed.
- "What should happen when someone wants to change the agreement — you OR me?"
  Establishes renegotiation as normal, not defiance.

> **Opening Tip**
> Start with **"I want to try something different"** instead of "We need to talk." The first signals change. The second signals lecture.

The _____ Family Screen Time Agreement

Date: _____

WEEKDAY SCREEN TIME

Gaming: ____ hrs/day, between ____ and ____

Social Media: ____ hrs/day, between ____ and ____

Video/Streaming: ____ hrs/day, between ____ and ____

Creative: ☐ Unlimited ☐ ____ hrs

Educational: ☐ Unlimited ☐ ____ hrs

WEEKEND SCREEN TIME

Gaming: ____ hrs/day

Social Media: ____ hrs/day

Video/Streaming: ____ hrs/day

Other: _____

BOUNDARIES

Devices off by: ____ pm school nights / ____ pm weekends

No screens during:

☐ Meals ☐ Homework ☐ Family time ☐ _____

Devices charge in: _____ overnight

PARENT COMMITMENTS

I will: _____

I will NOT: _____

My screen rules: _____

EARNING EXTRA TIME

Homework before ____ pm: + ____ min

_____ : + ____ min

_____ : + ____ min

IF THE AGREEMENT IS BROKEN

First time: _____

Second time: _____

Third time: _____

Renegotiation: This agreement can be renegotiated by ANY family member at any time by requesting a family meeting. We will revisit every ____ weeks.

SIGNATURES

_____ (Parent) Date: _____

_____ (Parent) Date: _____

_____ (Teen/Tween) Date: _____

_____ (Teen/Tween) Date: _____

Weekly Check-In Card

Print this page. Stick it on the fridge. Five minutes every Sunday.

Weekly Check-In

Week of: _____

1 **How did this week go with screens?**

😊 Great 🙂 Good 😐 Okay 😕 Rough 💬 We need to talk

2 **Did anyone break the agreement this week? What happened?**

3 **Is there anything that feels unfair or isn't working?**

4 **Does anyone want to propose a change for next week?**

5 **What's one thing that went WELL this week?**

Family Streak: Week ____ of following our agreement!

✂ Cut here — tape to your fridge

Check-In Tips

Keep it short — five minutes max. **Start with Question 5** — opening with the positive sets the tone. **Everyone answers** — parents included. If you broke the agreement too, say so.

EXAMPLE — SEE HOW A REAL FAMILY DID IT

The Martinez Family Screen Time Agreement

Date: March 2, 2026

WEEKDAY SCREEN TIME

Gaming:	*1 hr/day (Kai), 1.5 hrs/day (Sofia) — between 4pm and 8pm*
Social Media:	*N/A (Kai, age 11) — 1 hr/day (Sofia, age 14)*
Video/Streaming:	*1 hr/day shared — family picks together on weeknights*
Creative:	*Unlimited (Kai does digital art; Sofia edits video)*
Educational:	*Unlimited*

WEEKEND SCREEN TIME

Gaming:	*2 hrs/day (Kai), 2.5 hrs/day (Sofia)*
Social Media:	*1.5 hrs/day (Sofia only)*
Video/Streaming:	*2 hrs — no limit on family movie night*

BOUNDARIES

Devices off by: *8:30pm school nights (Kai), 9:30pm (Sofia) / 10pm weekends*

No screens during: *Meals, homework time, family game night (Fridays)*

Devices charge in: *Kitchen drawer overnight*

PARENT COMMITMENTS

I will:	*Put my phone in the kitchen drawer during homework time*
I will NOT:	*Check my phone during family movie night or meals*
My screen rules:	*No work email after 7pm. Phone away at dinner.*

EARNING EXTRA TIME

Homework done before 5pm: +30 min gaming

Room clean without being asked: +20 min

Reading 30 min: +15 min screen time

IF THE AGREEMENT IS BROKEN

First time:	*Conversation about what happened. No consequence.*
Second time:	*Lose 30 min screen time next day.*
Third time:	*Family meeting to discuss if the rule needs changing.*

Renegotiation: Any Martinez can call a family meeting to renegotiate anytime. Full review every **3 weeks**.

Ana Martinez (Mom) — March 2, 2026

Marco Martinez (Dad) — March 2, 2026

Sofia Martinez (14) — March 2, 2026

Kai Martinez (11) — March 2, 2026

Notice what makes this work: Parent commitments are filled in — Mom and Dad have skin in the game. First "break" is just a conversation. Third consequence isn't harsher punishment — it's a meeting to see if the rule itself needs changing. That's how you keep teens bought in: the system can be updated, not just enforced.

Ready to Go Beyond Paper?

The agreement you just made works. But paper gets lost, check-ins get skipped, and renegotiating means another meeting instead of tapping a button.

📱 **Same pact, on every phone**
Your family's agreement — visible to everyone. No secret parent view. Total transparency.

✅ **Daily check-ins in 30 seconds**
Tap to confirm. Build streaks. Missing a check-in is visible to everyone — including you.

🔄 **Renegotiate with a button**
Your teen doesn't need to build up courage. They tap, propose a change, and the family discusses.

📈 **Watch the agreement evolve**
School year to summer. New games. Birthdays that change the rules. TAP grows with your family.

Get TAP — Free

treecitydbr.com/apps/screenpact

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