

Our family screen agreement

Take 10 minutes to listen to each other and choose one or two things to try. Include adults. Make room for schoolwork, accessibility needs, and important connections.

1. What matters to us?

Something we enjoy using screens for, and something offline we want more of:

2. What will we try?

Choose a specific routine, such as one shared meal without devices:

3. What counts as an exception?

Agree on how school, work, accessibility, and keeping in touch fit the plan:

4. How will we help each other?

Choose a friendly reminder and an activity to look forward to:

5. When will we check in?

Pick a date to discuss what worked, what was difficult, and what to change:

Our shared promise: We will listen, practise together, and revisit the plan without shaming each other. A difficult day is a reason to talk and adjust.

Further reading: American Academy of Pediatrics, "How to Make a Family Media Plan".

This original worksheet is a conversation tool, not a clinical assessment. [Click this note to read the guidance.](#)