

Family Digital Agreement

Title: Our Family Screen Rules

We agree to these simple rules to keep technology balanced at home:

- 1. No phones at dinner**
- 2. Maximum ____ hours/day of gaming**
- 3. All devices off by ____ pm**
- 4. Homework first, screens later**

Signed by:

 **Parent(s):** _____

 **Child(ren):** _____

Together, we grow as a great family