****

**SUMMER SCREEN TIME AGREEMENT**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ recognize that screen time is a **privilege**. I understand that while it is fun, like many things it requires discipline and monitoring. The reason my Mom and Dad are strict with screen time is because **they love me and want me to be healthy**.

I have some daily responsibilities expected of me and I will do my best to uphold the requirements. I will manage my time to the best of my ability. Mom and Dad reserve the right to eliminate screen time for any amount of time on any given day for any duration.

I have up to 2 hours of screen time each day. I agree to log my start and end times so I am aware of how much time I am spending on the screen. There may be **screen free days** and I will be adaptable.

|  |  |
| --- | --- |
| **What counts as screen time?*** Watching TV
* Playing video games (or watching others play)
* Using the iPad to play games or watch videos
* Using a phone to play games or watch videos
* Using the computer to play games or watch videos
 | **What doesn’t as screen time?*** Watching movies with the family
* Using the iPad or computer for school-related tasks
* Using the phone to talk to friends or family members
 |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SIGN YOUR NAME DATE**

**DAILY EXPECTATIONS**

* **Reading:** 20 minutes
* **Attitude**: I do not complain or whine when it is time to turn off the screen
* **Honesty**: I am honestly logging my time, I am watching / playing appropriate games and videos
* ***Add any other daily expectations or chores specific to your child and family****.*

**SAMPLE SCREEN-TIME DAILY LOG**

Activity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start: \_\_\_\_\_\_\_\_\_ Stop: \_\_\_\_\_\_\_\_\_ Total: \_\_\_\_\_\_\_\_\_

Activity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start: \_\_\_\_\_\_\_\_\_ Stop: \_\_\_\_\_\_\_\_\_ Total: \_\_\_\_\_\_\_\_\_

Activity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start: \_\_\_\_\_\_\_\_\_ Stop: \_\_\_\_\_\_\_\_\_ Total: \_\_\_\_\_\_\_\_\_

Activity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start: \_\_\_\_\_\_\_\_\_ Stop: \_\_\_\_\_\_\_\_\_ Total: \_\_\_\_\_\_\_\_\_

Activity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start: \_\_\_\_\_\_\_\_\_ Stop: \_\_\_\_\_\_\_\_\_ Total: \_\_\_\_\_\_\_\_\_