

# FAMILY SCREEN USE AGREEMENT

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## Why use an agreement?

It's important to establish certain rules for screen use to stay in control of online activities and promote the family's well-being while still enjoying the benefits of the Internet. And by including these rules in a plan you develop together, the chances of respecting them are better!

## It's simple:

- Start by having a frank but respectful conversation between parents and kids. This is an opportunity for everyone to express their needs, frustrations, and expectations related to screens (TV, tablet, cell phone, computer, game console).
- Set realistic goals for the whole family.
- Assess the situation after one week and adapt the plan if necessary. This is YOUR agreement; you can change it!



# OUR FAMILY'S AGREEMENT

TEAM UP TO COMPLETE THE FOLLOWING COMMITMENT ELEMENTS RELATED TO SCREEN USE.



## Time

**We limit our recreational screen time\* (TV, tablet, cell phone, etc.) to:**

- \_\_\_\_ hour(s) / day on work or school days
- \_\_\_\_ hour(s) / day on days off
- We turn our screens off at least \_\_\_\_ minutes or hour(s) before bedtime.
- We only use one screen at a time!

## Family time

**We commit to not using screens (and to turning off notifications) when we:**

- Have meals together (at home or elsewhere).
- Take part in a physical activity or are on a family outing.
- Talk with a family member.
- Other: \_\_\_\_\_

## Zones

**At home, the screen-free zones are:**

- Bedrooms at night
- Kitchen or dining room during meals
- Bathroom (at all times!)
- Car (except for GPS or music)
- Other: \_\_\_\_\_

## Content

**We commit to:**

- Prioritizing content that is more beneficial (educational, unifying or interactive).
- Limiting content that presents more risks (isolating, uses a gambling approach, or not adapted to the age of the person viewing it).
- Having as much respect online as offline, thinking before posting, writing or re-sharing, and talking to a family member when in doubt.
- Getting into the habit of questioning what we're looking at online: does it bring me anything positive? Does it trigger unpleasant emotions? And talking about it with a family member if we come across something disturbing or worrying.
- Asking permission before taking or sharing photos of other family members or the home.

\* "Recreational screen time" excludes time spent online for work, school, and family obligations. However, remember that all that screen time adds up quickly!

Respecting this agreement for \_\_\_\_\_ week(s) or month(s) will result in the following reward for the family:

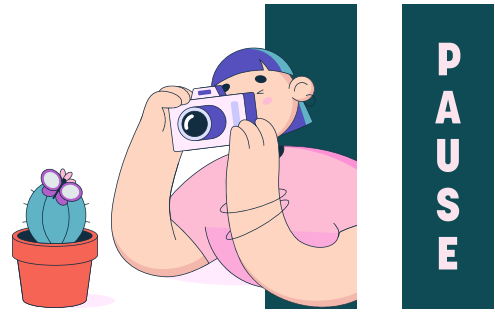
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We confirm that we have read and understood this agreement and accept the terms. Sign or take a selfie to make it official!

\_\_\_\_\_

# 10 TIPS TO PROMOTE BALANCE

TOGETHER, IDENTIFY WHICH TIPS ARE MOST RELEVANT TO YOUR FAMILY.



## 01

### ASSESS YOUR SCREEN TIME.

Use the Screen time function on your cell phones or tablets or download an app like SPACE. Make sure to include time spent watching TV too. Then set your own usage goals (excluding music).

## 02

### CONFIGURE THE SETTINGS OF YOUR FAMILY DEVICES to limit digital distractions.

Depending on the age of your children, consider using parental control apps to block certain content.

## 03

### BE MORE AWARE OF YOUR SCREEN

**USE.** Before using a device, ask yourself why you're doing it (are you just bored?) and for how long you want to do it (respect the time limit).

## 04

### CHOOSE CONTENT THAT OFFERS

**MORE BENEFITS.** Whether it's educational, entertaining or unifying, you'll gain more knowledge or simply feel happier.

## 05

### CLEAN UP THE SOCIAL MEDIA

**ACCOUNTS** you follow. Keep the ones that inspire you, are positive and in line with your values. It's good for your mood!

## 06

### TURN OFF SCREENS AT LEAST ONE HOUR BEFORE BEDTIME.

And keep your devices far from your bed for the night, ideally outside the bedroom. Better sleep guaranteed!

## 07

### HAVE SCREEN-FREE MEALS AS

**A FAMILY.** The perfect time to chat, laugh and check in with everyone. Drop your phones in a basket to avoid temptation.

## 08

### PLAN SCREEN-FREE ACTIVITIES

**TOGETHER.** Play sports or go for a walk, play a board game, cook, do arts and crafts or even some gardening... You can choose any activity and the whole family doesn't always have to be there!

## 09

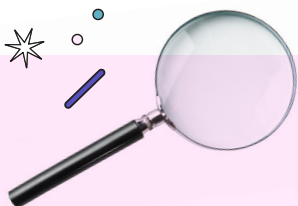
### PAY ATTENTION TO OTHERS

when you're with them. To do so, set your screens aside so you can have a quality interaction.

## 10

### TALK REGULARLY AS A FAMILY ABOUT WHAT YOU DISCOVER ONLINE.

Ask questions about content, influencers, trends, new technologies and their impact. Knowing what your children are doing online will help you guide them better.



As a parent, remember that your children watch what you do and that your habits influence theirs. Be a positive role model by using screens in a balanced way, at appropriate times.