

Family Media Agreement



A family media agreement sets clear expectations for healthy, safe, and respectful technology use, helping reduce conflict and build trust while supporting overall well-being.

The _____ Family will:

- Agree on daily screen time limits and follow them without arguing.
- Have devices turned off and put away at least 1 hour before bedtime.
- Have no devices during meals.
- Only use apps that are age-appropriate and approved.
- Make time for offline activities like hobbies and being outside.
- Talk openly about media use and challenges.
- Talk if something online feels uncomfortable or unsafe.

Other Family Expectations:

- _____
- _____
- _____

Signed By: _____