

Screen Time Contract

I, _____, will abide by the following expectations regarding screen time:

Every day, I will have this much total screen time: _____
(screen time includes television, computer, video games, and hand held video games/ipod)

If necessary, you can get even more specific and define how much screen time will be used for each type of activity

Television _____

Video Games _____

Computer _____

Hand held video games/ipod _____

- Screen time will never get in the way of my homework time
- When my screen time is over, I will stop my video, show, or game without an argument
- Screen time will never get in the way of household chores and obligations
- I understand that some days I may not get all of my screen time if I have other obligations during the day

If I follow the screen time contract, my reward is:

If I don't follow the screen time contract, my consequence is:

We will review our contract on this date: _____

Child signature: _____ Date: _____

Parent signature: _____ Date: _____