



digital contract

Holiday Edition

School holiday time is all about fun and freedom. This contract is meant to help all of us - kids and grown-ups alike - have more of both!

Kids' Agreement

I agree that the following will be **device-free zones** during holiday time:

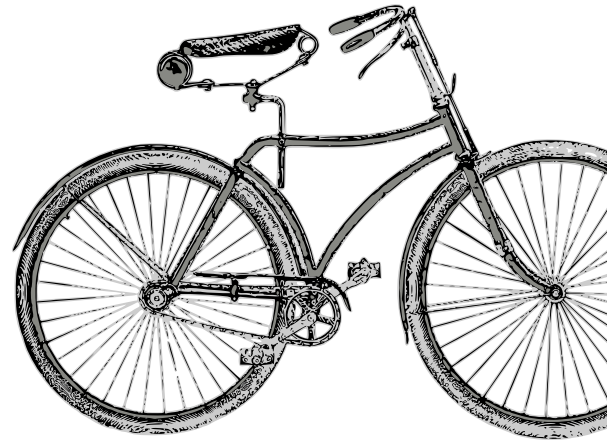
- Family mealtimes
- Family game nights
- Outings & special events
- Other _____

I agree to do the following **BEFORE** going online:

- Brush teeth
- Shower
- Make bed
- Empty dishwasher
- Feed/walk pet
- Other _____

I agree to consider the following activities if **I DO** feel bored:

- Ride my bike
- Play my instrument
- Swimming
- Doing crafts
- Reading
- Cooking
- Playing outside
- Playing boardgames
- Daydreaming
- Other _____



- I agree to **balance screen-time** with offline play, preferably out-of-doors.
- I agree to a **maximum screen-time limit** of ___ hours a day, divided between morning and afternoon.
- I agree to **spend time reading** books, magazines or newspapers every day.
- I agree to **limit the photos I take**, and refrain from posting photos of family members without their permission.
- I agree to keep my phone on **silent** when we are out and about as a family, including in the car.
- I agree that all devices (except TV) will be **turned off** at _____
- I agree that complaining that "I'm bored" will automatically reduce my daily screen-time limit by ___ minutes
- I agree that, when friends are over, these rules will continue to apply, unless special exceptions have been negotiated beforehand.

Signature

Date





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Parents Pledge

- I agree to **refrain from using my own device** use during meal and family times.
- I agree to always **put my phone down** while you're talking to me.
- I agree to **limit the photos I take** and to refrain from posting images of you without your permission.
- I agree to **listen openly to your concerns** and, if need be, adjust the terms of this contract in light of changing circumstances.

I agree that if you comply with this contract, you will be rewarded with:

- A special outing _____
- A special toy _____
- A special privilege _____
- A cash bonus _____
- Other _____

• Note: Experts strongly recommend NOT using additional screen-time as a reward.

Signature

Date