

SCREEN TIME AGREEMENT

Location: _____ Date: _____

Parties:

This Screen Time Agreement (the "Agreement") is entered into by and between:

Parent/Guardian Name: _____

Address: _____

Phone/Email: _____

and

Child/Participant Name: _____

Relationship: _____

Purpose:

This Agreement establishes the terms and conditions under which the Child/Participant will use electronic devices and access digital media, including but not limited to smartphones, tablets, computers, video games, and television. The Parent/Guardian aims to promote responsible use, balance social and educational activities, and encourage healthy screen habits.

Definitions:

1. "Screen Time" means the total amount of time the Child/Participant spends using electronic devices and digital media. 2. "Devices" refer to all electronic equipment capable of accessing digital media and communications. 3. "Content" includes games, applications, websites, videos, social media platforms, and other digital materials.

Terms of Use:

1. The Child/Participant agrees to limit Screen Time to the amount specified by the Parent/Guardian. 2. Screen Time hours shall be limited to a maximum of _____ hours per day on weekdays and _____ hours per day on weekends. 3. Devices must be used in shared family areas unless otherwise approved in writing by the Parent/Guardian. 4. The Child/Participant will not access inappropriate or harmful content, including but not limited to violent, explicit, or illegal material. 5. The Parent/Guardian reserves the right to monitor and review all device usage and content accessed by the Child/Participant. 6. The Child/Participant will not share personal information online without prior approval. 7. Devices should be turned off or put away at least _____ minutes before bedtime to promote healthy sleep habits.

Responsibilities:

Parent/Guardian Responsibilities: - Provide guidance and education regarding safe and responsible device use. - Enforce the terms of this Agreement consistently and fairly. - Allow reasonable access to devices for educational and recreational purposes. Child/Participant Responsibilities: - Follow the terms and limitations outlined in this Agreement. - Communicate openly with Parent/Guardian about device use and any concerns. - Respect restrictions and consequences agreed upon.

Consequences of Non-Compliance:

Failure to adhere to the terms of this Agreement may result in the following consequences, which may be applied at the discretion of the Parent/Guardian: - Temporary loss of device privileges. - Reduction of allowed Screen Time hours. - Additional responsibilities or restrictions as appropriate.

Term and Termination:

This Agreement shall remain in effect until terminated by mutual written consent of the Parties. Either Party may propose modifications or termination upon reasonable notice and discussion.

Dispute Resolution:

The Parties agree to resolve any disputes arising under this Agreement through good-faith discussions. If resolution is not possible through informal means, Parties may seek mediation or other alternative dispute resolution methods.

Governing Law:

This Agreement shall be governed by and construed in accordance with the laws of the United States of America and the applicable state laws where the Parent/Guardian resides, without regard to conflict of law principles.

Entire Agreement:

This Agreement constitutes the entire understanding between the Parties concerning Screen Time use and supersedes all prior or contemporaneous agreements, representations, or understandings.

Amendments:

No amendment, modification, or waiver of any provision of this Agreement shall be effective unless made in writing and signed by both Parties.

Severability:

If any provision of this Agreement is held to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

Signatures:

The Parties have executed this Screen Time Agreement as of the date indicated above.

PARENT/GUARDIAN SIGNATURE

CHILD/PARTICIPANT SIGNATURE

Signature: _____

Signature: _____

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