

# how to create SCREEN TIME RULES



When can child have screen time?

*(Times of day/week or event-based, such as after school)*

Can child earn more screen time? How?

*(Chores, Good grades, good behavior)*

How long can child have screen time?

*(Length of time child can use tech in a sitting or per day/week)*

Can child lose screen time? How?

*(Bad grades, bad behavior)*

When can't child have screen time?

*(Times of day/week or event-based, such as during meals or on vacation)*

What will child do when screen time is over?

*(Activities to do, something fun to look forward to)*

What technology can child use?

*(Devices, apps, shows, websites)*

When is it okay to break screen time rules?

*(School project, homework, vacations)*

What technology can't child use?

*(Devices, apps, shows, websites)*

What happens when screen time, or rules, are abused?

*(Punishment)*