

7.2. Create a Family Screen Plan

Set healthy screen boundaries in your home – for teens & parents!

What are “screen-free” zones in your house?

- Dining table/kitchen counter
- Teens/kids’ bedrooms
- Car
- Kitchen
- _____
- _____

What are “screen-free” times of the day?

- Before school
- Mealtimes
- Until homework and chores are done
- Between dinner and bedtime
- If guests are visiting
- _____
- _____

Other Screen Limits

What time will teens turn in screens each **night**? _____

Where will screens be stored overnight? _____

What must be done **before starting screens** in the morning? _____

What is screen limit on **weekends**? _____

What is the reward for following screen rules? _____

Idea: Parent will let teen continue managing screens on their own

What is the consequence for not following screen rules? _____

Idea: Lose screen privileges before school or in the evening for 1 day

How will adults monitor/model their own healthy screen use?

- Put phone away from after school until after dinner
- Keep phone out of sight when not using
- No phones during meals
- App use tracking: keep certain apps to under _____ per day
- Turn off “background” TV when family is together
- _____
- _____

Create a family **interactive** Family Media Plan at www.healthychildren.org

7.3. Cell Phone Contract

Use this tool to get on the same page with teens about phones

Having a cell phone is a privilege, not a right. My caregiver has given me phone privileges so I can learn to have a healthy relationship with screens.

I, _____, agree to:	
Stop using my phone at this time:	Weeknights: _____ Fri/Sat nights: _____
Plug in phone at night here:	
Keep phone out of sight during:	- Driving - Family meals - Homework time - Visits by guests - _____
Follow family phone rules :	<input type="checkbox"/> Tell parents where I am when not at home <input type="checkbox"/> Respond to parent texts within ___ min <input type="checkbox"/> Keep my location (GPS) on always <input type="checkbox"/> Be active or get exercise for ___ min/day <input type="checkbox"/> <input type="checkbox"/>
Follow family social media rules :	<input type="checkbox"/> Let my parent "friend/follow" my accounts <input type="checkbox"/> Do not use these platforms: _____ <input type="checkbox"/>
Privacy for texts, messages & apps if above rules are followed:	<input type="checkbox"/> My caregiver can read or access my phone and accounts at any time <input type="checkbox"/> My caregiver will not read my messages unless they think I am in danger <input type="checkbox"/>
If I do not follow the rules above, the following will happen:	
1 st strike:	Turn in phone for next 2 hours
2 nd strike in one week:	Turn in phone for 24 hours
3 rd strike in one week:	

Teen signature: _____ Caregiver signature: _____