**Screen Time Rules Checklist**

**Getting Started**

[ ] Discuss what we enjoy doing online.

[ ] Identify the apps, games, and websites we use the most.

[ ] List the devices, tech, toys, or games with internet access.

[ ] Review any existing tech rules to include in our agreement.

**Screen Time Limits**

[ ] Define daily/weekly screen usage hours.

[ ] Distinguish between school/educational and leisure/entertainment screen time.

**Managing Time Online**

[ ] Track how long we spend on our devices.

[ ] Reflect on how it feels to use tech for too long.

[ ] Identify signs that screen use is interfering with family life.

[ ] Plan strategies to avoid overusing tech.

**Content Guidelines**

[ ] Specify age-appropriate content.

[ ] List approved apps and websites.

[ ] Identify blocked content (e.g., violent games, inappropriate websites).

**Usage Times**[ ]

[ ] Establish screen-free meal times.[ ]

[ ] Set a time when screens must be turned off before bed.

[ ] Ensure homework and chores are completed before recreational screen time.

**Device-Free Zones**

[ ] Make bedrooms screen-free zones.

[ ] Encourage device-free time in family spaces (e.g., living room).

**Parental Controls**

[ ] Use monitoring software to restrict and monitor online activity.

[ ] Discuss the importance of sharing passwords with parents

**Online Behavior**

[ ] Emphasize respectful online communication and behavior.

[ ] Teach children not to share personal information online and understand privacy rules.

**Sharing**

[ ] Define what is or isn’t okay to share online.

[ ] Check guidelines before posting images and videos online.

[ ] Ensure personal information belonging to ourselves and others is kept safe.

[ ] Consider using a family email address for new accounts.

[ ] Learn to use privacy settings and strong passwords.

[ ] Use features like livestreaming and disappearing content safely.

**Online Content**

[ ] Know what to do if we see something unreliable or untrustworthy online.

[ ] Understand when it is okay to download files, games, or apps, or click on a link.

[ ] Learn the age requirements or ratings on games and apps.

[ ] Set restrictions on making in-game or in-app purchases.

[ ] List approved websites for use.

**Communicating Online**

[ ] Decide who we can talk/chat/play games with online (online-only or offline acquaintances).

[ ] Discuss how to stay safe when communicating with people known only online.

[ ] Encourage being a good friend online.

**If Things Go Wrong**

[ ] Plan what to do if we feel uncomfortable or upset by something online.

[ ] Know what to do if someone online asks for photos, to meet up, or for personal information.

[ ] Learn where the report and block buttons are online.

**Health and Wellbeing**

[ ] Encourage regular breaks for physical activity.

[ ] Follow the 20-20-20 rule for eye health (every 20 minutes, look at something 20 feet away for at least 20 seconds).

**Digital Literacy**

[ ] Teach critical thinking about the reliability of online information.

[ ] Educate about the importance of strong passwords, recognizing phishing attempts, and safe browsing practices.

**Review and Adjustment**

[ ] Schedule regular family discussions to review and adjust the agreement.

[ ] Be open to revisiting and revising the agreement as needs evolve.

**Consequences**

[ ] Clearly define the consequences of breaking the agreement (e.g., reduced screen time, temporary loss of device privileges).

[ ] Ensure rules are consistently enforced.

**To Finish...**

[ ] Consider how parental controls can help our family.

[ ] Decide on the consequences if one of us breaks the family agreement.