**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.