

# FAMILY SCREEN TIME CONTR

## PRIVILEGE

In this house, technology is a <u>privilege-not a right</u>.

#### RULES

- All technology must be <u>parent-approved</u>.
- Devices are <u>not</u> welcome at the dinner table or behind closed doors including bedrooms and bathrooms.

### **VALUES**

Our family <u>values</u> time with people, and being *kind* and <u>helpful</u>- more than screens.

#### RESPONSIBILITY

Chores and homework come first!

### AGREEMENT

If we do not follow these rules and use screens appropriately, we lose them!

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