

# School Holidays Digital Contract

School holiday time is all about fun and freedom. This contract is meant to help all of us - kids and grown-ups alike - have more of both :)

## Kids' agreement

I agree that the following will be **device-free zones** during holiday time:

[circle those that apply]

My bedroom      Family mealtimes\*      Family games night      Outings and special events      \_\_\_\_\_  
Other

\*consider specifying these to avoid kids speed-eating to get back to screens!

I agree to **balance** screen-time with offline play, preferably out-of-doors.

I agree to a maximum **screen-time limit** of \_\_\_\_\_ hours a day, divided between morning and afternoon.

I agree to do the following **BEFORE** going online:

[circle those that apply]

Brush teeth      Shower      Make bed      Empty dishwasher      Feed/walk pet      \_\_\_\_\_  
Other

I agree to **spend time reading** books, magazines or newspapers every day.

I agree to **limit** the photos I take, and to refrain from posting photos of family members without their permission.

I agree to keep my phone on **silent** when we are out and about as a family, including in the car.

I agree that all devices (except TV) will be **turned off** at \_\_\_\_\_.

I agree that complaining that "I'm bored" or "There's nothing to do!" will automatically **reduce** my daily screen-time limit by \_\_\_\_\_ minutes.

I agree to consider the following activities if I DO feel at a loose end:

Riding my bike      Playing my instrument      Swimming or surfing      Doing crafts      Reading  
Cooking      Playing outside      Playing boardgames      Daydreaming      \_\_\_\_\_  
Other

I agree that, when friends are over, these rules will continue to apply, unless special exceptions have been negotiated **beforehand**.

Signature \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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## Parents' pledge

I agree to **listen** openly to your concerns and, if need be, adjust the terms of this contract in light of changing circumstances.

I agree to **refrain** from using my own device use during meal- and family-times.

I agree to **always** put my phone down while you're talking to me.

I agree to **limit** the photos I take and to refrain from posting images of you without your permission.

I agree that if you comply with this contract, you will be rewarded with:

[circle and specify the item that applies]

A special outing

A special toy

A special privilege

A cash bonus

Other\*

\* Note: experts strongly recommend NOT using additional screen-time as a reward.

Signature \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_