Our Media Agreement

We talked about this together.

This is how we do it.

Day	No Screen	Or minutes	Or this applies:
Monday	☐	____ min	
Tuesday	☐	____ min	
Wednesday	☐	____ min	
Thursday	☐	____ min	
Friday	☐	____ min	
Saturday	☐	____ min	
Sunday	☐	____ min	

No screens:
☐ At meals ☐ In bed ☐ Before sleeping ☐ _____

New apps and games: we discuss first.

In-app purchases: **always ask first.**
My **personal data** — name, photo, school, address — I do **not** share with strangers.
If something happens or worries me, I will tell: _____

Date: _____ Child: _____ Parent/Carer: _____