

FAMILY SCREEN-TIME *AGREEMENT*



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RESET SCREEN TIME WITH LESS FIGHTING, BETTER SLEEP, AND MORE COOPERATION—NO YELLING, NO POWER STRUGGLES.

Why this tool exists

Screen time often turns into daily conflict, especially with teens. This tool was created to help families realistically reset screen habits—reduce fights, protect sleep, and rebuild cooperation without yelling or power struggles.

How this tool works

Instead of taking devices away or negotiating nonstop, the reset focuses on clear rules, calm conversations, and predictable follow-through. You'll make small changes over 7 days, so the plan feels doable and sustainable.

What you'll gain

By the end of the reset, you'll have clearer expectations, fewer arguments, and a plan your teen understands. Most parents notice calmer evenings, better routines, and more confidence in handling screen time moving forward.



FREE 7-DAY SCREEN-TIME RESET TOOLKIT FOR PARENTS OF TEENS (13–17)

A) Our WHY (1 sentence)
We're doing this because:

B) WHEN Screens Are Available (Time Rules)

Screens happen after responsibilities are completed:

homework chores commitments other: _____

Weekdays: screens end at _____

Weekends: screens end at _____

Warnings: 10-minute warning

C) WHERE Screens Are Used (Place Rules)

Screens are used in shared spaces only:

(living room/kitchen / dining area)

No screens in bedrooms (unless specifically agreed for schoolwork).

No screens at meals/table.

Night charging spot (outside bedrooms):



WHEN TEENS PUSH BACK

Teen resistance is normal.
Your job is to hold the boundary without escalating.

The 3-Step Response (in the moment)

- Validate (feelings)
- Boundary (rule)
- Choice (small control)

Use These Scripts (repeat calmly)

- “I hear you. It’s hard. The rule stays the same.”
- “I’m not debating this right now.”
- “We’ll talk when we’re calm.”
- “I’m not against you. I’m responsible for you.”
- “Screens end at _____. You choose what happens next.”

If They Say → You Say

- “Everyone else has it.”
→ “I hear you. Our family has different rules.”
- “You don’t trust me!”
→ “Trust grows with consistency. This helps build it.”
- “This is unfair.”
→ “You can feel that way. The rule still applies.”

If Rules Are Broken TAKE ACTION!

When emotions rise (do this instead of arguing)

- lower your voice
- shorten your sentence
- repeat once
- step away calmly if needed

Walking away calmly is leadership, not losing.

Calm
Consequences
(No Yelling,
No Lectures)

Rules only work when consequences are:
✓ clear ✓ predictable ✓ calm

Important: you're not trying to "win."
You're teaching consistency.

The Calm Consequence Ladder

1) Reminder
(once)

"One reminder. What's the plan?"

2) If ignored

"Because the rule wasn't followed, screens pause tomorrow until after responsibilities."

3) If arguing
escalates

"We're pausing this conversation. Screens are done for today."

4) If sneaking/
lying happens

"Tomorrow screens are shared spaces only + earlier cutoff."



Golden rule:

No new punishments in anger. No long lectures.

Just calm follow-through and reset tomorrow.

WEEKLY SUCCESS Planner

Date: _____



My Top 2 Priorities

Choose 2 Screen-Free Zones
(WHERE)

- Bedrooms (especially at night)
- Meals/table

Schedule Swap (WHEN)

First Responsibilities
→ then screens

CLEAR RULES

- We use screens with respect (no rude talk, no shouting).
- No sneaking/lying — if it happens, we reset with clear consequences.
-
-
-
-

Obstacles:

What part was hardest?

Distractions:

Action Steps:

What needs adjusting?

Replacement Menu

Pick 5 alternatives your teen will actually use:
music / snack / shower / walk / gym / journaling / drawing /
cooking / calling a friend / downtime

Write your top 5 here:

1) _____ 2) _____ 3) _____ 4) _____ 5) _____



DAILY SUCCESS HABITS WITH SCREEN TIME

Track your progress, notice what works, and adjust the plan with confidence.

A) Our WHY (1 sentence)

B) WHEN Screens Are Available (Time Rules)

What supportive daily habits could you introduce?

(Write up specific and measurable actions that best support your FAMILY life)

Habits

Benefits

Which 3 Habits will you commit to?

SCREEN-TIME RESET AGREEMENT

We agree to try this plan for _____ days and review it together.

Date: _____

WHEN

Screens happen after responsibilities (homework/chores/commitments).

Weekdays: screens end at _____

Weekends: screens end at _____

WHERE

Screens are used in shared spaces only (living room/kitchen/dining area).

No screens in bedrooms.

No screens at meals/table.

No screens in bathrooms/on short rides.

IF RULES ARE BROKEN

- One reminder.
- If ignored: screens pause next day until after responsibilities.
- If arguing/refusal continues: screens end for the day.
- If sneaking/lying: shared spaces only + earlier cutoff next day.
- If repeated: screens pause for _____ days.
- We will stay calm, avoid arguing, and reset the next day.

HOW

Devices charge overnight in: _____

Optional app/game limits:

Other agreements:

SIGNATURES

Parent/Guardian: _____ Date: _____

Child/Teen: _____ Date: _____

