

# Screen Time Rules

**Use Time wisely!  
Don't go over your  
daily limit.**

**Don't argue about limits!**

**No Games before/after 10:00  
NO ELECTRONICS ON SUNDAY!**

**Never give out  
personal information.  
Let an adult know ASAP  
about any requests for  
information!**

**Your chores,  
schoolwork, hygiene,  
and responsibilities  
come first!**

**Be respectful and  
courteous.  
Let an adult know if  
anyone is bullying  
or teasing.**

**You must have done these  
items BEFORE Screen Time:  
Outdoor time=screen time.  
Read for 30 minutes  
Breaks every 15-30 minutes.**

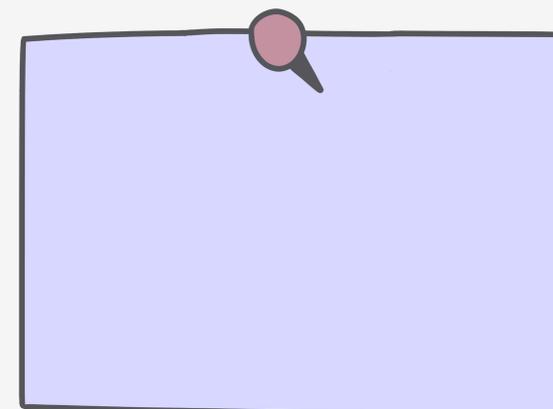
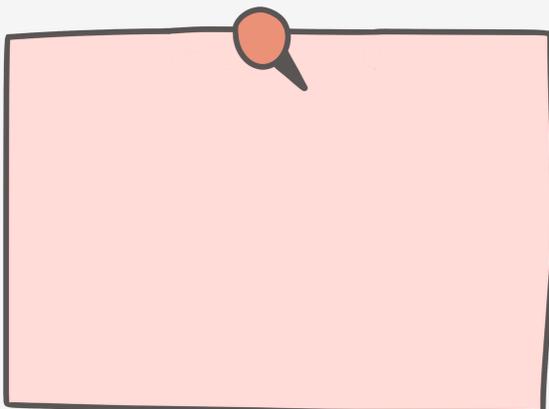
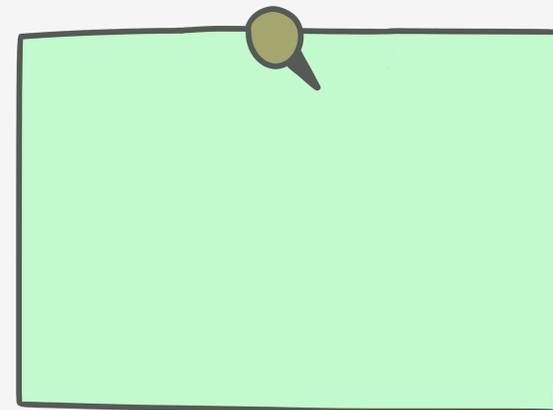
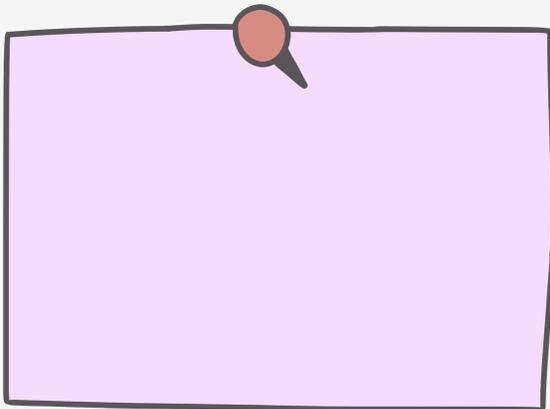
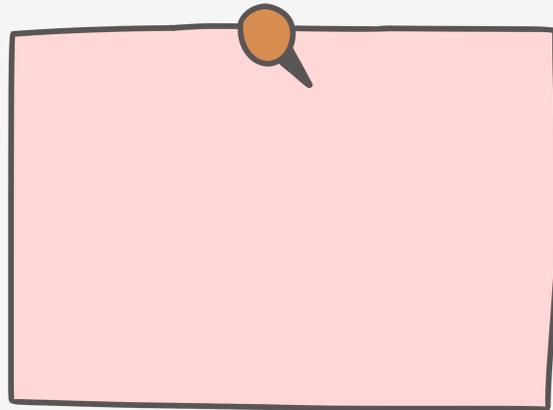
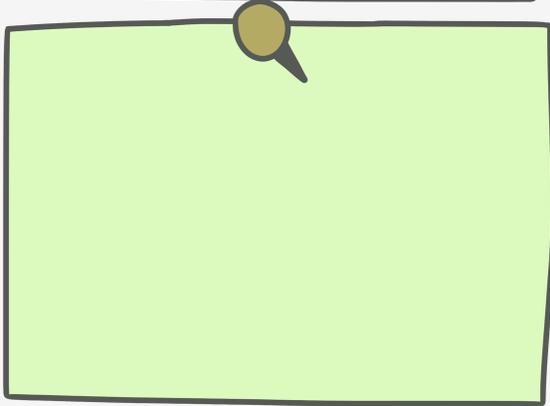
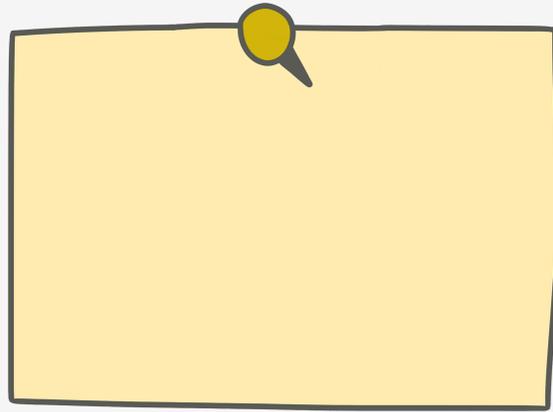
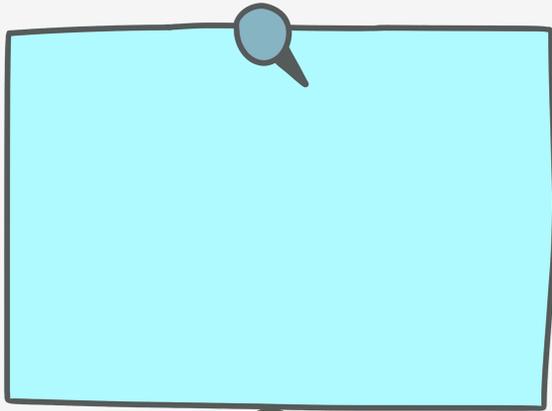
**No screens during  
meals or during  
family time.  
Keep them put up  
when not in use!**

**Ask before starting  
your time.  
Ask for approval on  
new games/videos.**

**Devices are only  
allowed in shared  
areas...  
No electronics in  
bedrooms.**

*We agree to use our Screen Time in a respectful and responsible manner. We understand that rules can change at any time.*

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# Screen Time Rules

The image displays eight blank, cream-colored sticky notes arranged in a 4x2 grid. Each sticky note is pinned to the top center with a dark grey pushpin. The notes are intended for writing down specific screen time rules.

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# My Screen Time Usage

## Reading Time

## Outdoor Time

## Screen Time

Date

\_\_\_\_\_

	M	T	W	T	F	S
90						
75						
60						
45						
30						
15						

	M	T	W	T	F	S
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