RELATIONSHIPS & FAMILY • SYSTEMIC FAMILY CONTRACTING

Collaborative Family Screen-Time Agreement

Co-created digital wellness rules for parents and teens without daily arguments.

CLINICAL INSTRUCTIONS: One line per step in your own words. Short, honest answers are easier to trust.

Participant Name: _____ **Date:** _____ **Target: 30m**

1 JOINT DIGITAL VALUES CLARIFICATION

Discuss together: What does technology help us do well? When does technology steal our sleep, family dinners, and peace of mind?

CLINICAL HINT: Parents must participate in the rules, including parent phone habits during dinner.

2 DEVICE-FREE ZONES & SANCTUARIES

Agree on 2 non-negotiable physical spaces/times: e.g. Dining table at all meals, and bedrooms after 10:30 PM.

CLINICAL HINT: Charge all family phones overnight in a central living room charging station.

3 PREDICTABLE DAILY SCREEN ALLOCATIONS

Distinguish schoolwork/research screen time from recreational entertainment screen time with clear, agreed limits.

CLINICAL HINT: Predictability prevents daily negotiations and energy drain.

4 AGREED NATURAL CONSEQUENCES (NO SHAMING)

What happens if limits are broken? Agree on a calm, automatic consequence (e.g. 24-hour phone rest) that requires zero parental shouting.

CLINICAL HINT: Enforce consequences with empathy and calm consistency, not anger.