



# THE FAMILY SCREEN TIME PACK

Rather than having ongoing disagreements about your child's screen time, use our pack to establish flexible and structured boundaries for your child to follow regarding their use of smartphones, laptops, televisions and gaming consoles.

## **This pack offers**

1. Screen Time Reward Tickets
2. A "Phone Zone" sticker
3. A Primary School Agreement Contract
4. A Secondary School Agreement Contract

1.

Tickets to be offered to your child when they earn screen time

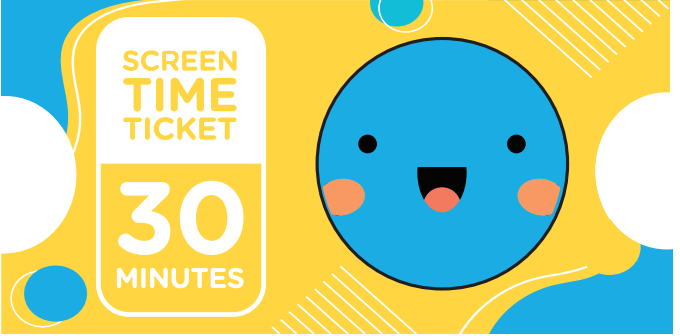
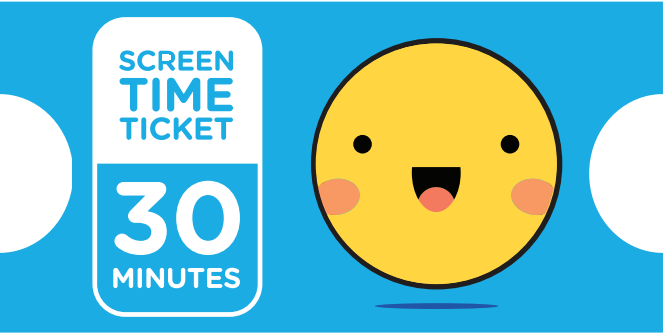
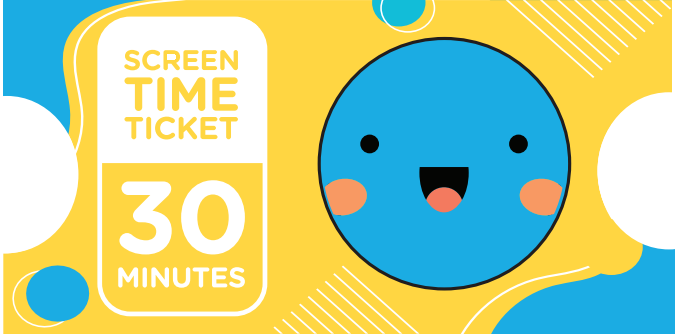
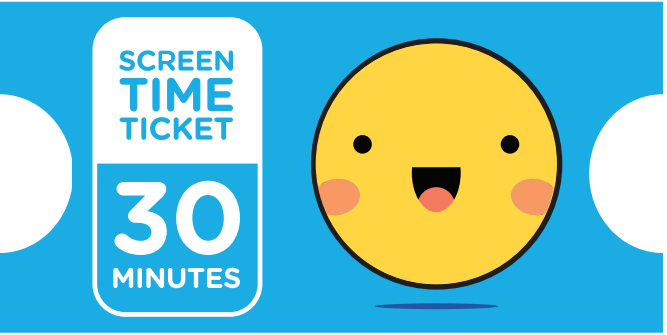
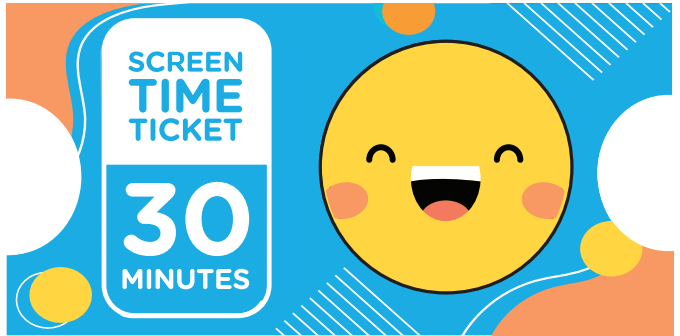
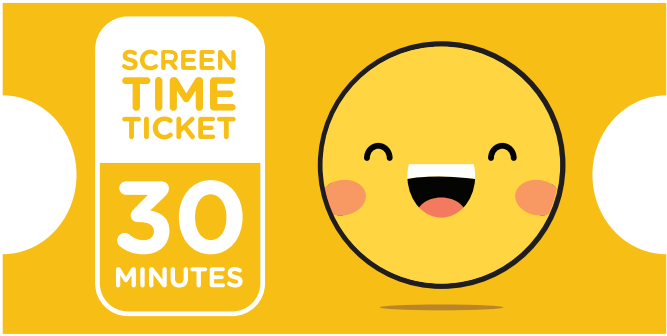
2.

A sticker to designate an area for storing phones

3 & 4.

Customisable contracts for both age groups

# SCREEN TIME REWARD TICKETS



# BE BOLD NON-RE



#THIS IS  
FOSTERING

# FAMILY SCREEN TIME

## AGREEMENT

### I WILL...

.....

.....

.....

### EXAMPLES COULD BE:

I will brush my hair, I will do my chores or I will read for 30 minutes.

### I AGREE TO THESE TERMS AND CONDITIONS

My Signature

.....

My Parent/Carers Signature

.....

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