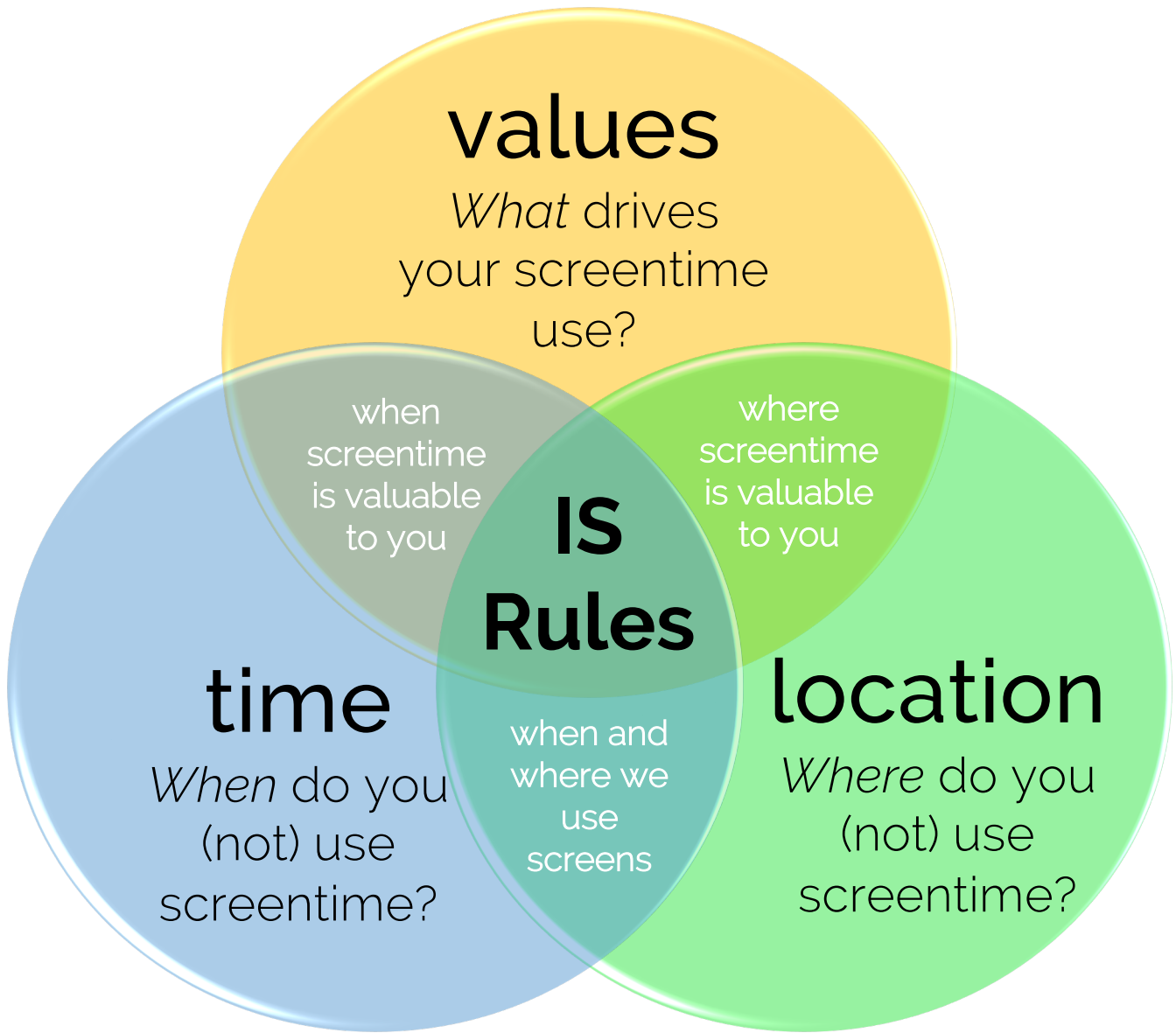


INFINITE SCREENTIME RULES THAT WORK

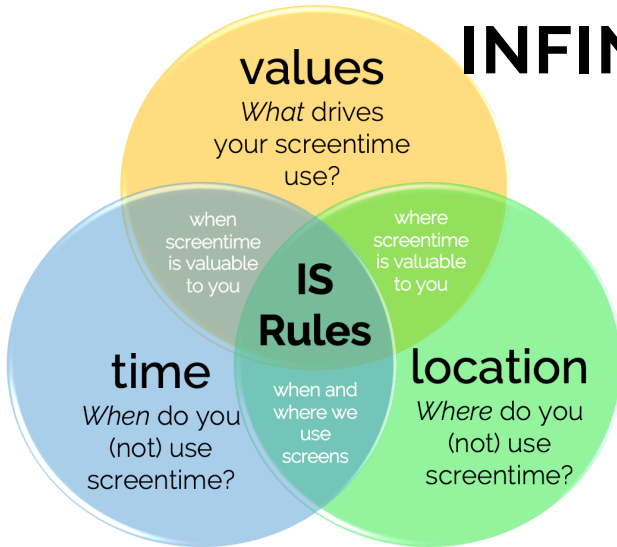
Cheat Sheet



Your family's screentime rules come from *when, where, and why* you use screens.



INFINITE SCREENTIME RULES



For the Kim family
(write your surname)

DATE 22 May 2020
(today's date)

Reviewed on: +2 Months
(every month with adjustments)

IS MANTRA: We use our screens to enjoy and enhance our family and personal life together. We use our screens when and where it is appropriate and does not interfere with our personal and community responsibilities.

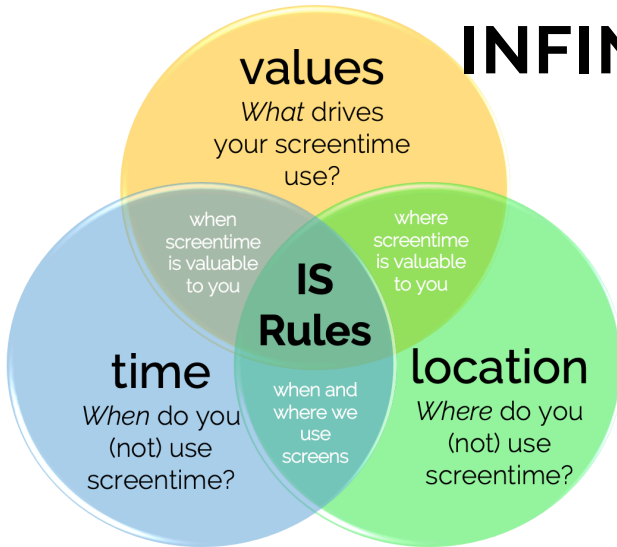
WHY

1. Our family enjoys our screens wholeheartedly, mostly together, as way of connecting and sharing our experience with each other. However, while we value our screens, we value each other IRL (In Real Life) more!
2. Saturday Family Movie Night, once a week. Everyone together, (no double screens) rotating choice of movies!
3. New requests for technology (apps, media, websites) vetted first through Common Sense Media. Approved by parents, bought by you, unless negotiated previously.
4. After downtime and screen limits, texting is allowed only for emergencies
5. Playing videogames together is encouraged

Signed:



INFINITE SCREENTIME RULES



For the **Kim** family
(write your surname)

DATE **22 May 2020**
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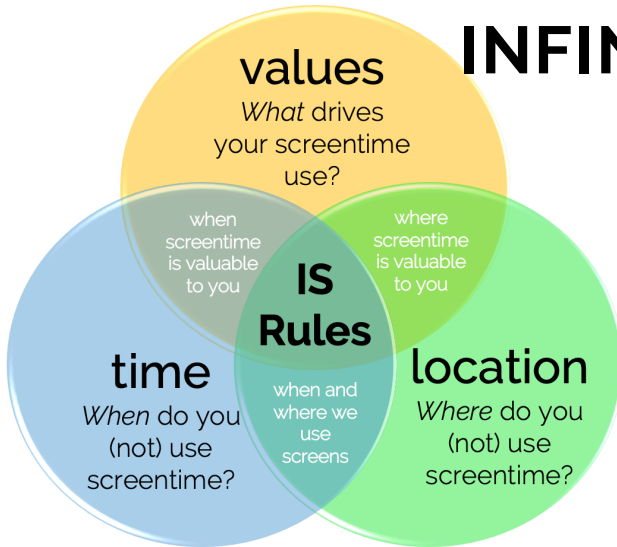
WHEN

1. Screentime after all chores and homework are complete. It's all about managing your free time. (Girls, remember to read for at least 20 minutes first)
2. Define time limits for games, social media, and general apps for weekend and weekdays with Mom. Turn timer limits on "Apple Screentime."
3. Get moving before going to the screens.
4. No screens when having a conversation. Ask permission to check screens when having a conversation with people. Time to listen and respond.
5. No Screens during meals. Time to really eat.
6. No Screens at transitions... Moving from car/bus/train/ walking to next stage. Time to look around and make sure you have everything
7. No Screens 30-40 minutes before bedtime, except Kindle books. Time to winddown.
8. No Screens 9PM-8AM (8PM for the girls on weekdays). Time to Sleep
9. No Screens before school, unless to check assignments. Time to get ready

Signed:



INFINITE SCREENTIME RULES



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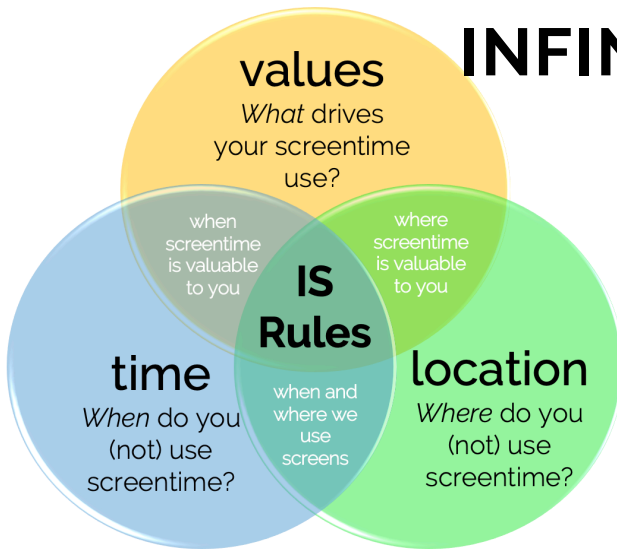
WHERE

1. Screens can be enjoyed almost anywhere (within reason)
2. No screens in the bathroom. It is gross
3. No screens in restaurants. It is distracting. Ask permission if you need to check.
4. No screens at the dinner table
5. No screens at school time, except for emergencies and coordination with mom and dad
6. Minimal screens on public transportation. Be aware of your surroundings
7. Maximum screentime on airplanes
8. Special screentime situations will be determined for camp, vacations, etc.
9. Use a central charging station away from the bed

Signed:



INFINITE SCREENTIME RULES



For the Kim family
(write your surname)

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General Safety and Privacy Rules

1. Do not share personal information, like birthday, last name, address, phone number, school, or my location to strangers
2. Do not change my password without telling my parents
3. Keep passwords safe from friends and others.
4. Be screen smart: Remember whatever you put out there remains out there. I won't use my phone to cheat, bully, spread gossip, or say mean things. Use the Golden Rule..
5. Let's be real. Be honest about how your screens are affecting your responsibilities. It's your life and decisions. We will all make mistakes, but it is more important on how we learn from it.
6. If my phone breaks or I lose it, I'll tell my parents right away. It's your responsibility!
7. Ask permission from friends or family to share pictures or information of them online. When in doubt, leave it out!
8. Come to Mom or Dad about any weird messages, phone calls, or text messages I receive.
9. If I'm not sure about something, ask Mom or Dad. We can figure it out together.

Consequences :

