Managing Screen Time, Together

Our Family Screen Plan

Fill this out as a family and post it somewhere everyone can see.
For children of different ages, create one plan per child.

Child name: Date:

I can use screens for this amount of time:

On Weekdays: On Weekends:

I can use these types of screens:

❍ TV ❍ Tablet ❍ Phone ❍ Computer ❍ Gaming Console

❍ Other:

I can use screens in these places:

❍ Living Room ❍ Kitchen ❍ Bathroom ❍ Bedroom ❍ Car ❍ Traveling

❍ Other:

Do I need permission before using a screen?

❍ Yes, I should ask first every time ❍ No, I have free choice within the limits in this plan

❍ Other:

I don't use screens during these times:

❍ Meals ❍ Bedtime ❍ Mornings

❍ Other:

Quick Reminder: The 3-Question Screen Check

1. **Content:** Is it made for ages 2-8 and teaching something real?
2. **Context:** Is your child doing something, or just watching?
3. **Crowd-out:** What is it replacing?

Part of the Managing Screen Time, Together toolkit. ©2026, Khan Academy Kids