



*Let's
TALK
about it.*

This isn't a Lecture. It's a Conversation.

These Common Sense Family Agreements are meant to spark honest, judgment-free dialogue between parents and teens about screen time, social media, and the role tech plays in your home.

They're not one-size-fits-all rules—but starting points. Talk through each one as a family. Listen to each other's experiences. Adjust what doesn't work. Add what's missing.

This isn't about control—it's about connection, boundaries, and creating a healthier digital rhythm that works for everyone in the house.

So grab some snacks, pick a time, and sit down together. Let's make this a family meeting you actually look forward to. Go through the list below as a family.

Common Sense Family Agreement



WE CHECK IN. WE DON'T SPY.

Everyone agrees to transparency over surveillance. Parents won't secretly track accounts, but teens agree to share handles and discuss their online activity.



Agree



Disagree



Adjust



NO DEVICES AT THE TABLE. (OR DURING FACE TO FACE CONVERSATIONS)

If we're together, we're together. Devices are put away so we can actually talk like humans.



Agree



Disagree



Adjust



WE POST WITH PURPOSE.

Before posting, we ask: Is it kind? Is it necessary? Is it safe? What you post lives forever—even if you delete it.



Agree



Disagree



Adjust



WE RESPECT THE FAMILY VIBE.

We don't share private family moments, embarrassing photos, or personal business online without asking first. Period.



Agree



Disagree



Adjust



EVERYONE GETS A BREAK.

We'll schedule regular "digital detox" time—one day, one hour, one weekend—and do something offline, together or solo.



Agree



Disagree



Adjust



SLEEP IS NON-NEGOTIABLE.

No devices after a certain time (parents included). We protect rest because mental health matters more than a snap streak.



Agree



Disagree



Adjust



WE OWN OUR SCREEN TIME.

Everyone tracks their own usage once a week and brings it to a family check-in. We talk about how it's going—not just for the kids, but the grown-ups too.

☐ We agree.



Agree



Disagree



Adjust



THIS IS A LIVING AGREEMENT.

We revisit this list every month. Life changes, and so does tech. So our agreement evolves with us.



Agree



Disagree



Adjust

MISTAKES ARE PART OF THE PROCESS.

If something goes wrong online,
we talk about it.
Nobody gets shamed.
We fix it together.

LET'S MAKE IT

Official

Family Agreement Re-Cap:

Now that you've talked it through, let's write it down. Use this space to personalize your agreement.

What's staying?
What needs adjusting?
What will you try this month?
Remember: this isn't a contract, it's a conversation starter and it only works if you keep coming back to it together.

Adjustments:

Next Family
Check-In:

___/___/___

Participants:

