



Family Commitment Contract

Date: _____

We, the members of the _____ family, hereby commit to fostering a healthy digital balance and promoting face-to-face communication within our home. Through this Family Commitment Contract, we agree to establish tech-free zones and times to create a nurturing environment for our family.

Tech-Free Zones:

The Dinner Table: We pledge to keep all electronic devices, including phones, tablets, and laptops, away from the dinner table during meal times. This zone is dedicated to engaging in meaningful conversations and enjoying quality time together.

Bedrooms: We agree that bedrooms should be a tech-free sanctuary, promoting restful sleep and reducing distractions. No screens shall be allowed in the bedrooms during designated hours.

Other specific areas that are designated as tech-free zones:

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Tech-Free Times:

Before Bedtime: We commit to turning off screens at least 30 minutes before bedtime to promote better sleep and relaxation.

Other specific times during the day that are designated as tech-free:

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Enforcement:

To ensure we adhere to this commitment, we agree to hold ourselves and each other accountable. If any family member forgets or unintentionally violates the tech-free zones and times, we promise to gently remind each other and support one another in getting back on track.

Benefits of Our Commitment:

By creating tech-free zones and times, we aim to:

- Strengthen our relationships through face-to-face interactions.
- Foster creativity, imagination, and mental well-being.
- Improve our sleep quality and overall health.
- Promote a positive family environment.

Signatures:

By signing below, we show our dedication to this Family Commitment Contract and agree to uphold the tech-free zones and times established for the betterment of our family's well-being.

This Family Commitment Contract shall be effective immediately and can be reviewed and updated periodically to adapt to the changing needs of our family. Let's work together to create a harmonious digital balance in our home!