



STANDARDS FOR SCREENS AND SOCIAL MEDIA

EXPECTATION	CONSEQUENCE	FREEDOM
EXAMPLE: Chore done daily without complaining	Extra weekend chores for every day missed or complained about	30-60 min extra SCREEN TIME on weekend
EXAMPLE: Phone will be given to Mom or Dad by 9pm on school nights	Phone will need to be turned in by 8pm the following night	Phone can be turned in by midnight on weekends