KID'S SCREEN TIME

FACT: The average American child spends **50+ HOURS** a week in front of a screen. That's more than **A FULL TIME JOB!**



Recommended daily screen time for children and teens



Average screen time per day (TV, video games, tablets, computers, cell phones...etc)



% of children addicted to mobile devices

The Downside of Screen Time

- Depression
- Fatigue
- Poor Academic Performance
- Anxiety
- Health Problems
- Impaired Self-Control
- Vision Problems,
- Impaired Social Skills
- Obesity
- Aggressive Tendencies
- Poor Digital Footprints
- Developing Unhealthy Relationships

Unplugging Tips!

- Encourage tech-free hobbies and activities.
- Practice what you preach! Children follow by example.
- Create no-tech zones in your home.
- Don't allow devices at family meals.
- Set screen time schedules.

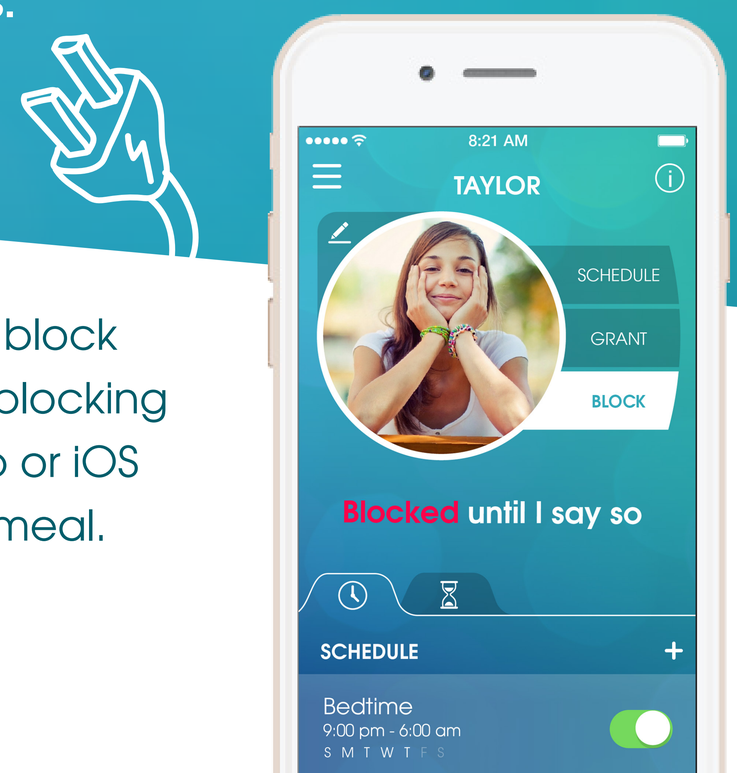
ASK YOUR CHILD:

"What are you missing out on when you spend so much time on your device?"

"What have you always wanted to learn or try?"

A Resource for Parents

Want to limit your child's device use? OurPact is a free solution for parents to block internet and apps on all children's iOS and Android devices. Manage screen time by blocking children's devices at-a-touch or through automated schedules. Through our Web App or iOS app, limit device use with a bedtime schedule or set a manual block during a family meal.



A STEM Plus
Academic & Sports Enrichment for Kids

Get Started for Free

THE 4 C'S OF PARENTING WITH OurPact

Paired with the 4 C's of parenting, the OurPact application is a great way to positively reinforce your children's healthy device habits.



CHOICE

Set your OurPact device use schedules with your child. This will make them agreements, not imposed rules.



CONSEQUENCE

Help your child understand that decisions regarding online behavior and time management have real, direct outcomes.



CONSISTENCY

Follow through on your agreements, and practice what you preach. If you block devices for family meals, set yours aside as well.



CARE

You're using OurPact to limit access to Internet and apps because you care for your child's best interest. Make this clear.

OurPact

The Essential App for Parents

OurPact is a free tool enabling parents to remotely manage children's access to internet and apps.
Sign up at www.ourpact.com to manage children's Android and iOS devices today!

At-a-Touch Blocking

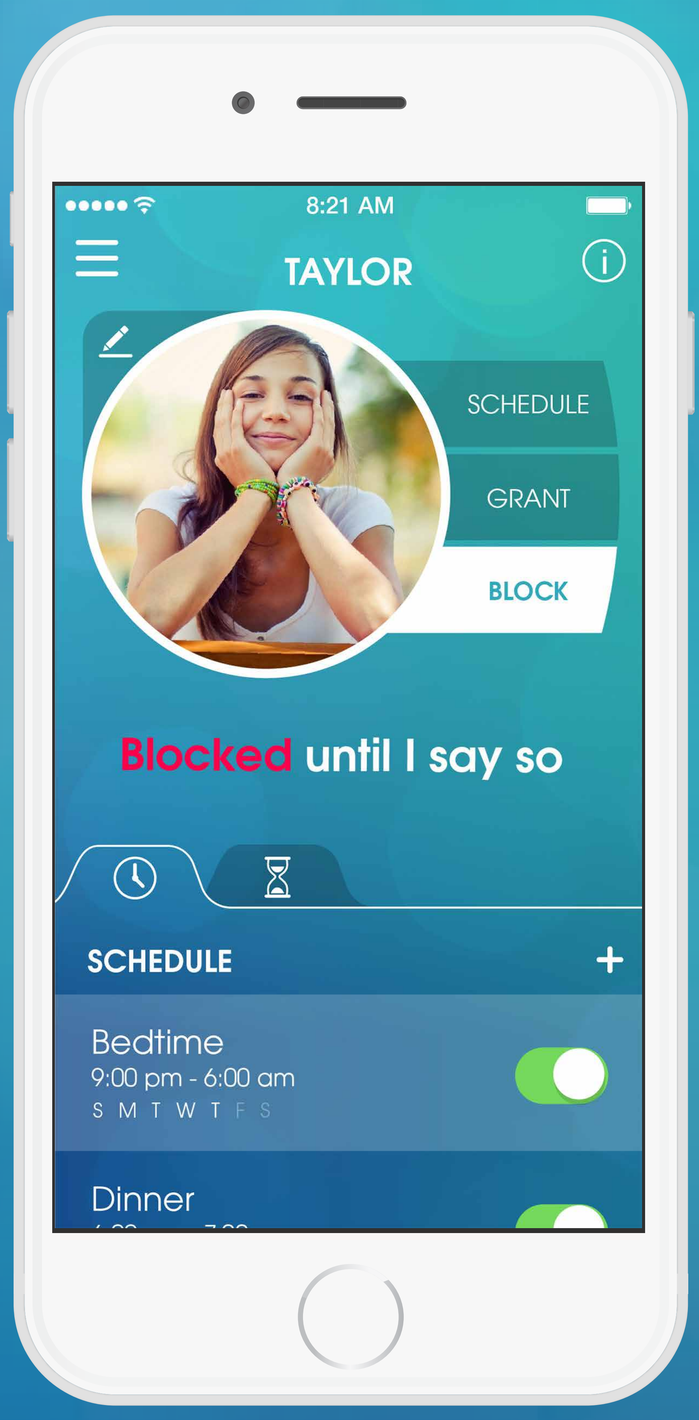
Block or grant access to internet and apps for a defined period, at a touch.

Schedules

Set up schedules to automatically block access during bedtime or school hours.

Entire Family Management

Manage up to 20 devices, individually.



1 CREATE ACCOUNT

Create a free parent account in our iOS OurPact parent app, or at www.ourpact.com.

2 PAIR CHILD DEVICES

Navigate to pair.ourpact.com on the child devices you want to manage, and follow the prompts.

3 MANAGE ACCESS!

Enjoy remote management with OurPact, across all networks (e.g. 4G LTE) or Wi-Fi.

GET STARTED FOR FREE

The Parent & Child Device Contract

This family contract acts an agreement between a parent and child to make ensure they are working together to set healthy boundaries and guidelines when using household devices.

As the responsible user of a mobile device (which I see as a great responsibility and tremendous privilege), I agree to the following terms of uses. Failure to comply with these rules will result in the confiscation or termination of my device(s).

1. I agree to comply with the schedule you have set for me, using OurPact.

2. If I find that I need to exceed the daily limits that have been defined for me, I promise to have a calm conversation outlining my reasons needing a time extension, and coming to an agreement about what an appropriate amount of time would suffice to accomplish my tasks at hand.

3. If my parents request that I put my device away, or on silent, at any given time (even during my permitted OurPact times) I will do so without a fuss.

4. I will never provide personal information (address, school, phone number, etc.) online without my parents' consent.

5. I promise to share my device entry codes (if any) with my parents, as well as passwords to my personal accounts (eg. Facebook, Instagram...etc) if they are requested.

6. On the contrary, I promise to never share any of my personal passwords with anyone else, not even my closest-of-the-closest friends.

7. I solemnly swear not to use my mobile device to say mean or rude things to other people online. If I wouldn't say it in person, I won't say it online.

8. If I receive a message that is hurtful, I will not respond and will tell my parents immediately.

9. I promise to respect my parents trust by not seeking out inappropriate material, and to tell them if I find anything online that makes me uncomfortable.

10. I promise not to download any software, videos or music without first gaining my parents approval.

I, _____ sincerely agree to the above stated terms.
Print Name Here

_____ _____
Child Signature Parent Signature

_____
Date