OUR SCREEN TIME AGREEMENT

Always ask:







"...The hearing, and the sight, and the heart, of each of those one will be questioned (by Allâh)." **Qur'an 17:36**

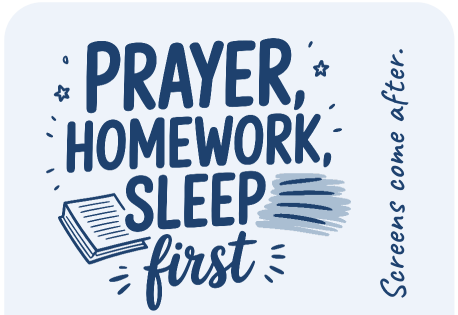
What we agree:



Our bodies have a right on us. Bukhari 1975



At meals and when talking, the person in front of you comes first.



Health and free time: two blessings many people lose. Bukhari 6412



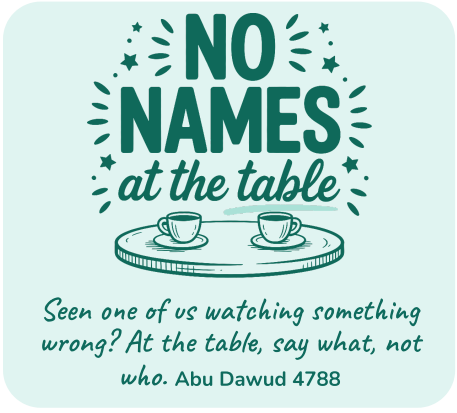
Out of the bedrooms every night: rest comes easier.



Laptops, tablets and consoles stay where we all are.



We only message people we know. Game chat stays about the game.



Seen one of us watching something wrong? At the table, say what, not who. Abu Dawud 4788



Mum and Dad know the passcodes, and only check with you. Protecting our family is our job. Qur'an 66:6



Someone online upsets you or asks for something? Nobody loses a screen for telling us.

All family signatures:

Our Parental Controls Checklist ✓

Set it up once, with your child beside you.

1 Every phone, tablet, laptop and console must have a family account from the company that made it.

You run it; each child has their own login. If they use yours, none of this reaches them.

2 In each one your home has, tick these off.

Tick each one when it's on	**Apple** iPhone · iPad · Mac	**Google** Android · Chromebook	**Microsoft** Windows · Xbox	**PlayStation** PS5 · PS4	**Nintendo** Switch · Switch 2
Family group	☐ Family Sharing	☐ Family Link	☐ Family Safety	☐ Family Management	☐ Family group
Spending locked	☐ Ask to Buy	☐ Purchase approval	☐ Require approval	☐ Monthly spending limit: 0	☐ Spending restrictions
Filters on	☐ Limit Adult Websites	☐ Block explicit sites	☐ Filter inappropriate websites	☐ Age level	☐ Restricted features
A passcode only parents know	☐ Screen Time passcode	☐ Parent access code	☐ Xbox Family Settings	☐ Console passcode	☐ Parental Controls PIN
A night cut-off	☐ Screen Time Schedule	☐ Downtime	☐ Screen time	☐ Playtime settings	☐ Bedtime
Chat only with people they know	☐ Allowed Contacts	☐ Only contacts I add	☐ Xbox Family Settings	☐ Restrict communication	☐ Restrict free communication
Stuck?	Search: Apple Screen Time	Search: Google Family Link	Search: Microsoft Family Safety	Search: PlayStation parental controls	Search: Nintendo parental controls

3 Then the apps and games: check the age, then sit with them and see how they use it.

APPS ☐ WhatsApp 13+ ☐ Snapchat 13+ ☐ TikTok 13+ ☐ Instagram 13+ ☐ YouTube 13+ ☐ Discord 13+

GAMES ☐ Roblox ☐ Fortnite ☐ Minecraft ☐ Call of Duty ☐ EA Sports FC ☐ GTA

Games: the age rating is on the store page (PEGI in the UK, ESRB in North America).

Look out for: bad language · inappropriate content · violence · gambling-style buying (loot boxes) · chat with strangers. Each has its own settings: search its name and "parental controls".

Protecting our family is our job. Qur'an 66:6

The Thursday Family Meeting

Once your screen time agreement is signed, keep it going.

A signed agreement won't stop screen time creeping on its own. You need a weekly family meeting, when the family sits down together, so screen time gets sorted at the table, not argued about at bedtime.

WHERE MOST OF US ARE

Nobody taught us parenting, but we do our best.

We remind the kids in the car, at the door, on the way to school. But by bedtime, most of it is forgotten.

WHAT WE HOPE FOR

A home with *sakinah*: calm and contentment.

Children who feel heard, parents who keep growing, a family helping each other succeed, in this life and the hereafter.

WHAT WE GET

Everyone is busy with their own week, and there's never a moment to stop and see how the family is getting on.

So the week decides for us, and small things grow: the same argument every week, or a child who stops telling us things.

TWENTY MINUTES A WEEK

Reminders turn into habits when they have their own time.
The Thursday Family Meeting gives them one: once a week, together.

20 min



1. **Last week.** How everyone's week went, and a check on what was decided.
2. **The week ahead.** Everyone has their say, then Mum and Dad decide.
3. **To finish.** Anything else, then you're done.

Thursday evening works well: the week is nearly done, and the blessed night of Jumu'ah begins at Maghrib.

Ibn Mas'ud, the Companion, taught the people every Thursday. When a man asked for it daily, he said: *"...I hate to bore you, and no doubt I take care of you in preaching by selecting a suitable time just as the Prophet ﷺ used to do with us..."* **(al-Bukhari 70)**

Whoever is home is enough. One parent and one child is a meeting.

Your first family meeting could be

this Thursday

Download your free guide

- What to say to your family to start it
- A script for whoever leads it, so anyone can run it
- A simple one-page template for each week

akhimranali.com/thursday