

# Family Gaming Plan



Having fun is a good thing! And games are just one way we can have fun. Use this to work together to think about what kinds of games your family wants to spend time on and what limits you all agree to put on game play.

Revisit this plan every few months to make sure it still lines up with what's important to your family!

## What Do We Love to Do?

If we've hit our limit on gaming, here are other things we can consider doing. As a family, some other things we enjoy doing include:

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_
- 4: \_\_\_\_\_
- 5: \_\_\_\_\_

## Priorities

Games are fun, but there are lots of other important things in our lives. What needs to get done before you can play games:

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Chores       | <input type="checkbox"/> Hobbies              |
| <input type="checkbox"/> School work  | <input type="checkbox"/> Community activities |
| <input type="checkbox"/> Family time  | <input type="checkbox"/> Time with friends    |
| <input type="checkbox"/> Outside play | <input type="checkbox"/> _____                |
| <input type="checkbox"/> Sports       | <input type="checkbox"/> _____                |

## How Do We Feel When We Play?

When we play online/video games, we are looking for games that make us feel (circle up to 3):



## Limits

It's important to have and respect limits.  
Gaming is just one part of our lives.

Check the boxes for limits that we agree to follow:

- ☐ No games \_\_\_ hours before bedtime.
- ☐ We will limit gaming to \_\_\_ hours/day.
- ☐ I will turn in gaming controllers when my time is up.
- ☐ We will not game until schoolwork is done.
- ☐ No gaming with strangers.
- ☐ No signing up for a new gaming site platform without discussing it first.
- ☐ We will not share personal details (real name, home town, etc.) with strangers in a game.
- ☐ We will not use demeaning language or insults while gaming.
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## We agree to the following consequences:

If the family rules are not followed, then: (some ideas might include no games for X days, giving up a certain game/gaming platform for a time, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

All who agree will initial in the box below:

Date Signed: \_\_\_\_\_

