



SCREEN-FREE FAMILY PLEDGE

We, the _____ family, pledge that during the week of April 30 to May 6, we will only use screens when they are required for school or work. We will not:

- ◆ Watch TV or videos
- ◆ Play games on tablets, websites, phones, or consoles
- ◆ Surf the web

Instead of spending time with screens, we will:

Date _____

Signature _____



Presented by Campaign for a
Commercial-Free Childhood
www.screenfree.org

*Remember to encourage friends
and family to go screen-free!*

