**Facebook:**

We’re more dependent on digital tech than ever as we work and learn online, connect with loved ones through video chat, and follow the latest news. And it’s stressful! That’s why our family is participating in Screen-Free Saturdays: one day of the week, every week to turn off our devices and take a break from the seemingly endless noise of quarantine life in favor of connection, reflection, and quality time! Learn more and take the pledge along with us at screenfree.org/saturdays.

**Twitter/Shorter Facebook Post:**

With everything moving online during school, work, and beyond, we’re going Screen-Free on Saturdays! Join our family in taking a break one day per week from digital entertainment. Take the pledge today: www.screenfree.org/saturdays

Juggling kids, work, and remote learning is exhausting. That’s why our friends @commercialfree are introducing Screen-Free Saturdays: one day every week to take a break from the noise of quarantine life in favor of connection and reflection! Join in! screenfree.org/saturdays

Imagine a day free from breaking news alerts and endless scrolling - it’s possible! Take a break from the endless noise of quarantine life to connect and reflect on Screen-Free Saturdays (or any day)! Learn more and join here! screenfree.org/saturdays

What would a day without screens do for your family? Find out by joining in on @commercialfree’s Screen-Free Saturdays, a weekly break from news alerts and social media in favor of connection and reflection. Learn more at screenfree.org/saturdays