

Sample Facebook posts:

(Your organization's name) is celebrating @Screen-Free Week (April 29 – May 5), the annual celebration where children, families, schools, and communities around the world swap digital entertainment for the joys of life beyond the screen. What would you and your family do with an extra 20, 30, or even 50 hours a week? Visit www.screenfree.org to learn how to get involved and join in the fun!

(Your organization's name) is celebrating @Screen-Free Week (April 29 – May 5), the annual celebration where children, families, schools, and communities around the world swap digital entertainment for the joys of life beyond the screen. @Screen-Free Week is a fun way to reduce dependence on television, video games, smartphones, tablets, and computers. It's a chance for children—and adults—to power down and reconnect with the world around them. Visit www.screenfree.org to learn how you can get involved!

Sample tweets:

We're going screen-free w/ @CommercialFree April 29 – May 5. You can too! Here's how: <http://www.screenfree.org> #ScreenFreeWeek

What would your kids do w/ an extra 20, 30 or even 50 hours a week? Celebrate #ScreenFreeWeek April 29 – May 5! <http://www.screenfree.org>

Kids 8-18 spend more time w/ screens than any activity but sleeping. Celebrate #ScreenFreeWeek April 29 – May 5! <http://www.screenfree.org>

Rediscover the joys of life beyond screens. Celebrate #ScreenFreeWeek April 29 – May 5! <http://www.screenfree.org>