Dear **[Governor \_\_\_\_/Mayor \_\_\_\_]**:

Screen-Free Week — the national celebration where children, families, and entire communities break free from digital entertainment and rediscover the joys of life beyond the screen — will take place this year April 29-May 5, 2019. It is hosted each annually by the nonprofit Campaign for a Commercial-Free Childhood.

During this week, families are encouraged to take a break from ubiquitous digital and virtual entertainment and create opportunities for active, interactive, and creative experiences that benefit children’s healthy development. Screen-Free Week is designed to encourage children, families, schools, and communities to take a much-needed break from screen use during non-school and non-work hours, and instead pursue offline activities and entertainment instead.

**[I/We]** would be honored if you would sponsor an official proclamation to recognize April 29-May 5, 2019 as **[state’s/city’s]** *Screen-Free Week 2019*. Your proclamation would lend official recognition to the important work of educating the public on the value of screen-time balance in children’s lives and reducing children’s exposure to harmful marketing practices. I have enclosed a sample proclamation that can help your office compose the appropriate proclamation for Screen-Free Week 2019.

If you have any questions concerning this request, the sample proclamation, or Screen-Free Week 2019, please contact me. Thank you for your consideration of this special request.

Sincerely,

**[name]**

**[title]**

Enclosure