**Sample Facebook posts:**

(Your organization’s name) is celebrating @Screen-Free Week (May 4 – 10), 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](http://www.screenfree.org/) to learn how to get involved and join in the fun!

(Your organization’s name) is celebrating @Screen-Free Week (May 4 – 10), 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](http://www.screenfree.org/) to learn how you can get involved!

**Sample tweets:**

We’re going screen-free w/ @CommercialFree May 4 – 10. You can too! Here's how: [screenfree.org](http://www.screenfree.org/) #ScreenFreeWeek

What would your kids do w/ an extra 20, 30 or even 50 hours a week? Celebrate #ScreenFreeWeek May 4 – 10! [screenfree.org](http://www.screenfree.org/)

Kids 8-18 spend more time w/ screens than any activity but sleeping. Celebrate #ScreenFreeWeek May 4 – 10! [screenfree.org](http://www.screenfree.org)

Rediscover the joys of life beyond screens. Celebrate #ScreenFreeWeek May 4 – 10! [screenfree.org](http://www.screenfree.org/)