

Pledge

I, _____
pledge to go screen-free on Saturdays. I will not use devices except if absolutely necessary for school or work. I will not 1) watch TV, movies, or videos, 2) play games on phones, websites, tablets, or consoles, 3) surf the web, or 4) use social media.

Instead of spending time on screens, I will:



Signature

www.screenfree.org/saturdays

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