SCREEN-FREE PLEDGE SCREEN-FREE PLEDGE pledge to give pledge to give up entertainment screens for the first week of up entertainment screens for the first week of May. Except for school or work, I will avoid 1) May. Except for school or work, I will avoid 1) watching TV, movies, or videos, 2) playing watching TV, movies, or videos, 2) playing games on phones, websites, tablets, or consoles, games on phones, websites, tablets, or consoles, 3) surfing the web, or 4) using social media. 3) surfing the web, or 4) using social media. Instead of spending time on screens, I will: Instead of spending time on screens, I will: signature signature www.screenfree.org www.screenfree.org

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