

## SCREEN-FREE PLEDGE

I, \_\_\_\_\_ pledge to give up entertainment screens for the first week of May. Except for school or work, I will avoid 1) watching TV, movies, or videos, 2) playing games on phones, websites, tablets, or consoles, 3) surfing the web, or 4) using social media.

Instead of spending time on screens, I will:

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[www.screenfree.org](http://www.screenfree.org)

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