

Why go screen-free?

A healthy childhood depends on a surprising thing: play! Through creative play, kids explore their physical world, build their curiosity, and expand their imaginations. But often, time spent on ad-supported screens displaces the kind of creative play kids need to thrive.

Not only does Screen-Free Week allow people to enjoy time away from news feeds, targeted ads, and autoplay videos, but it gives families and communities an opportunity to come together and connect with each other.

CONTACT US



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[@screenfreeweek](https://www.instagram.com/screenfreeweek)



www.facebook.com/screenfreeweek

Screen-Free Week is a project of the nonprofit Campaign for a Commercial-Free Childhood.

screen-free week



CELEBRATE TOGETHER MAY 4 - 10, 2020

Rediscover the joys of life away from screens

From May 4 – 10, 2020, join hundreds of thousands of people around the world and pledge to unplug from screen-based entertainment. Let your imagination run wild – there's no limit to what you can do during Screen-Free Week!

Take the pledge...

New this year, people from all over the globe are taking the pledge to be screen-free for one week. Commit to this healthy decision for you and your family on our website.

Host an event...

Visit our interactive map to see where events near you are taking place and register your own. We provide free tools and materials for celebration organizers to help make your week the best ever!

Be an endorser...

We're looking for organizations invested in healthy families and children to endorse Screen-Free week and to help us spread the word. Contact us for more information.

www.screenfree.org