

## SCREEN-FREE PLEDGE

I, \_\_\_\_\_ pledge to give up entertainment from \_\_\_\_\_ to \_\_\_\_\_ (time/date). 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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