

PLEDGE CARD

I, _____,
pledge that during the week of _____,
I will only use screens when they are required for
school. I will not: **1)** watch TV or videos; **2)** play
games on tablets, websites, phones, or consoles;
3) surf the web; **4)** use social media.
Instead of spending time with screens, I will:

Remember to encourage your friends and family
to go screen-free!



Presented by Campaign for a
Commercial-Free Childhood
www.screenfree.org

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