

PLEDGE CARD

I, _____,
pledge that during the week of _____,
I will: **1)** watch no TV or DVDs, play no video
games, and only use the computer if it's required
for a homework assignment; **2)** encourage my
friends and family to go screen-free; **3)** explore new
screen-free activities; and **4)** HAVE FUN!

Instead of spending time with screens, I will:



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

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