

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, or 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

Funded by USDA SNAP, an equal opportunity
provider and employer.