

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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READING PLEDGE

I, _____,
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I will read many books by myself and with my teachers,
parents, siblings, and friends. While I am going
screen-free, I will let reading take me to amazing worlds!
These are some of the books I will read this week:

Explore your libraries, classrooms, homes,
and bookstores for great new books!



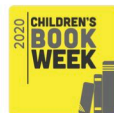
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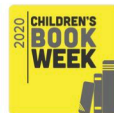
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