

SCREEN FREE PLEDGE CARD

I, _____,
pledge that for one whole day on
_____, 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 _____

Sponsored by the Collaborative Youth Team

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