

••••• Be Screen Smart •••••

PARTICIPANT PLEDGE FORM

SCREEN-FREE WEEK 2010 ~ APRIL 19-25

I _____, pledge to turn off the tv, computer and video games and *GET ACTIVE* from April 19-25, 2010. I will also encourage my family and friends to participate with me. I will explore screen-free activities, and have fun!

Instead of screen-time, I will: _____

Center for Screen-Time Awareness, 1200 29th St., NW, LL#1 Washington, DC 20007 P (202) 333-9220 F (202) 333-9221 www.tvturnoff.org

Signature

