

PUT DOWN THE PHONE FAMILY PLEDGE



As a family, we pledge to put people before screens.

We promise to:

- **Be present with each other** by setting aside phones during meals, family time, and conversations.
- **Limit our screen time** to create space for play, rest, learning, and connection.
- Take **tech breaks** to enjoy the world around us — to laugh, explore, and grow.
- Be **mindful of how screens make us feel** and choose activities that help us feel good, strong, and connected.
- Remind each other with kindness when it's time to **put the phone down** and be together.

When you sign this pledge, you can CHOOSE ONE OR MORE of the changes below to commit to — small steps that make a big difference!

- I will track my screen time for one day.
- I will commit to putting my phone down for this amount of time every day _____
- I will commit to doing this instead of scrolling _____
- I will not take my phone inside when I am at _____ (make location suggestions)
- I will not bring my phone to the dinner table.
- I will place my phone in the backseat/purse/glove box while driving.
- I will pick up my (kids) instead of my phone.
- I will place my phone in Do Not Disturb during _____ (suggest time of day/activities)

We know that life is better when we look up, not down — and we'll support each other as we build healthy habits, together.

Name: _____ Email: _____