



# #DeviceFreeDinner

Dear School:

You can play a large part in encouraging your community to have device-free dinners in their homes. One way to encourage participation is to designate a day, any day, as Device-Free Dinner Day. Then print out this poster and hang it in a prominent place (e.g., in a school office, in a hallway, or on a main bulletin board). Invite parents, caregivers, teachers, staff, and students to show their commitment by signing the poster and following these five simple steps:

1. Print out the six sections of the poster in color or black and white.

2. Align the sections and tape them together. You may want to attach the poster to foam or poster board depending on where you plan to hang it.

3. Write the day and date of your designated Device-Free Dinner Day (example: "Tuesday, May 2").

4. Attach a couple of markers or pens at the ends of long pieces of string so it's easy for everyone to add their signatures.

5. Invite everyone to sign away!



Thank you for adding to a community-wide effort to emphasize the importance of families having a healthy balance of media and technology in their lives. Don't forget to share your efforts on Twitter and tag @CommonSenseEd and #DeviceFreeDinner.

Sincerely,

 common sense education®