

# PLEDGE



I know that social media hurts my brain and my self-esteem. It also wastes my time! I have more fun things to do, so I pledge to wait until high school to decide whether or not I will engage in social media. This includes TikTok, Facebook, Instagram, Snapchat, BeReal, Reddit, Pinterest, WhatsApp and anything other than calling or texting people I know. I would rather use my brain power and my free time doing healthy things that make me happy!

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Name

Date

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Parent

Date

