



Find time to dream,  
connect and play

# May 5–11, 2025

A global invitation to take a break from entertainment screens and experience more peace, connection, and fun!

Anyone can participate! Simply choose the platforms/apps/devices most problematic for you or your family, set a goal (take an hour off, a day, or the whole week!) and enjoy the free time that opens!

If you are part of an organization, you could host a Screen-Free Week celebration.

This website <https://screenfree.org> has all the **resources** you'll need for a successful Screen-Free Week, like IPA's event planning guides, library of free event downloads.



grandparents  
VICTORIA



## Family guide for a screen-free week at home

<https://screenfree.org/wp-content/uploads/2023/05/Family-Guide-evergree.pdf>

This event is guided by Article 31 of the United Nations Convention on the Rights of the Child (UNCRC).

ipa  
Promoting the Child's  
Right to play



**Article 31** – “That every child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts. That member governments shall respect and promote the right of the child to participate fully in cultural and artistic life. They shall encourage the provision of appropriate and equal opportunities for cultural, artistic, recreational, and leisure activity.”