

# #DeviceFreeDinner

A public-awareness campaign to encourage 35 million American families to take back dinnertime

*Common Sense launched #DeviceFreeDinner to help families enjoy more quality time together. Our multiyear educational initiative is built on the idea that one simple step can make a big difference for kids, their families, and their communities.*

## Why Support #DeviceFreeDinner?

*Taking a break from our devices and spending time with the ones we love has lasting benefits. Here's why device-free dinner matters for families:*

### Curbing tech addiction

Quality time—without distractions from media and technology—helps families share and connect face-to-face. The American Academy of Pediatrics (AAP) confirms that media use affects children's development in critical ways. If overused, media time can take the place of other essential activities, such as socializing, studying, and sleeping.

### Using media wisely

The AAP, which sets the standard for children's health care nationwide, also urges parents and caregivers to be strong media role models for kids by setting expectations around family media use and enforcing tech-free time at home.

### Raising healthy kids

We all look out for what's best for our kids. In today's 24/7 digital world, that means watching their media use as much as any other habit. Research shows that kids who eat dinner with their families have better nutrition, better academic performance, lower risk of substance abuse, and fewer behavioral problems.

### The device-free difference

- ✓ Endorsed by the American Academy of Pediatrics
- ✓ Backed by findings from Common Sense Research
- ✓ Supported by celebrities and major broadcast networks

**"Device-free dinners have helped me realize that ... [giving our] undivided attention has brought us closer together, decreased arguments, and helped us be a stronger team."**

—Melodie G., parent of Howie, age 8, and Hope, age 5, reflects on the benefits of going device-free.

**Amazing things happen when families decide to keep devices off the dinner table.**

**"The experience was great. I got to talk with my family [and] hear the funny things that happened in their days."**

—Ellis W., age 11, says device-free dinners are a regular family activity.

**"It was a life-changing experience for my students."**

—Janet Elias, technology teacher at Wagner middle school in New York, includes device-free dinners in her students' digital education.

Find out how you can support a national movement for healthier, happier kids.

Contact [donations@commonsense.org](mailto:donations@commonsense.org). | Visit <http://commonsense.org/device-free-dinner>.