



# Take the Pledge

The campaign to bring friends and family back to the table without their electronics begins with **you**. Take the “Thanksgiving Unplugged” pledge today!

I attest that distracted dining is no way to enjoy a meal with family and friends. This Thanksgiving, I pledge to:

- Power down my electronics prior to sitting down to dinner.
- Encourage my family and friends to join me in a meal freed from attention-grabbing gadgets and television.
- Cultivate other means of engagement, such as conversing with a family member with whom I don't typically get to talk, sharing interesting stories from my own life, reflecting about the legacy of the very first Thanksgiving, playing a board game or speaking about the things I'm thankful for in my own life.
- Share my experiences with others after the fact, spreading the word about what it was like to unplug during Thanksgiving, and to consider making the act of occasionally unplugging an ongoing tradition in my household—particularly at mealtime.

---

Signed

Date

