Can You Last a Week Without 'Screen Time'?

Could you go without watching TV, playing video games, and using your home computer for a week? Does that sound like the most boring week ever? Organizers of Turnoff Week, which runs April 20-26, are hoping people will click off all their screens for a week and discover new activities to enjoy.

The Center for Screen-Time Awareness, the group that runs Turnoff Week, says adults and kids today spend too much free time in front of their TV, computer, video game, and cell phone screens. All that "screen time" is part of the reason so many people are overweight, the group says. Screen time also keeps families from spending time together. People would be healthier if instead of using their screens they spent more time on other activities, like playing outside, playing board games, reading books, and talking to each other in person, the center says.

NEWS WORD BOX

awareness   organizers
average   percent
increase   convince

This may be a hard time to convince people to click off their screens. People in the U.S. are now watching more TV than ever before. The average American watches about 151 hours of TV a month! Some of the reasons for that are increases in the number of TV programs and channels and the number of TVs per family. But schools, communities, and bookstores around the country are holding game nights, story times, and other events during Turnoff Week so people will have other activities to keep them busy.

MORE FACTS ABOUT TURNOFF WEEK

- On average people watch about 5 hours of television per day and then spend another 3-4 hours with computers, games, videos, iPods, and cell phones.
- About 90 percent of people who took part in past Turnoff Weeks said it helped them cut down on screen time for good.

THINK ABOUT THE NEWS

A friend tells you there is no way he or she could go without TV and video games for a week. Write a letter to your friend suggesting different activities you both could do during Turnoff Week.