

BEYOND THE SCREEN

A one-week challenge for Tennessee teens — step back from screens, pay attention to how you feel, and tell us about it.

CHALLENGE WEEK

May 3–9, 2025

SUBMISSIONS DUE

May 10 11:59 PM

WINNERS ANNOUNCED

May 15

HOW IT WORKS

01

PLEDGE

Choose what screen time you're giving up for the week. Own it.

02

DO IT

Live your week. Notice what changes, what's hard, what surprises you.

03

REFLECT

Submit a 150-200 word write-up or 3-minute video by May 10.

YOUR PLEDGE — YOU CHOOSE

 No social media
Instagram, TikTok, Snapchat, X, YouTube

 No video games
Console, PC, and mobile included

 No streaming
Netflix, Hulu, Disney+, etc.

 No non-essential texts
Group chats & memes can wait

 Full digital detox
Everything except answering mom

 Custom pledge
Write in what you're giving up

One rule: your pledge must be genuinely challenging FOR YOU. Giving up a platform you haven't used in months doesn't count.

PRIZES — SOMETHING FOR EVERYONE

▲ **Everyone who completes** **\$10**
Submit a valid reflection by deadline

▲ **3rd Place** **\$50**

▲ **2nd Place** **\$100**

★ **Grand Prize Winner** **\$200**
Best reflection wins top honors

THE REFLECTION QUESTION

"What did stepping away from tech teach you about your mental health?"
150-200 words written OR 3-minute video

KEY DATES

Apr 15

Registration opens

May 1

Registration closes

May 3

Challenge begins!

May 10

Submission deadline

May 15

Winners announced

Jun 1

Prizes distributed

Ready to take the challenge?

Register, pledge, reflect — and earn your \$10 prize.

www.tnvoices.org/beyond-the-screen