



A day without technology: no cell phones, no e-mail, no texting.

Most of us know the dangers inherent in our technological society. We are aware of the dangers of giving out too much personal information on line; the dangers of being innocent enough to believe that friends met on-line are real friends and not predators; the ability for any one of any age to be able to make purchases of drugs and medications on line; the possibility of cyber bullying; and one of the most frightening new fads – images uploaded instantly on web sites for millions of people to view, regardless of the hurt or pain these images cause others.

Aside from all of the above, one of the saddest situations resulting from our addiction to technology is the lack of face to face interaction. Families, especially, appear to be suffering because of the lack of time that family members spend in each other's company.

Eat together, cook together, take a walk together, play a game together- there are so many things families can do together. Be creative-find something to do **together**.



My Family will take part in technology free days: the first Sunday of each month beginning Sunday April 6, 2008

Name of Family _____

Address _____

(To receive informational packet)

Child(ren)'s age(s) _____

Name of School _____

Please respond by March 14, 2008

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