



You live in Madison. How well do you know it?

Your attention is a resource. Spend it intentionally.

People who reduce screen time or quit algorithm-driven social media consistently report something surprising: they feel *more* connected to their neighborhoods, their cities, and the people around them. A large body of research suggests that platforms claiming to help us connect actually do the opposite.

Join us in reclaiming our time and connecting with the city in which we live. Visit the site below to take a self-reflection quiz, learn why this is worth your attention, or make a pledge to try something different.

disconnectmadison.org



No spam. No tracking. Just a question worth asking.