



# When was the last time you talked to your neighbors?

Research on screen time and social media consistently shows the same thing: more time online, more isolation in real life. Disconnect Society is a free, Madison-based project asking people to take an honest look at their own habits.

Visit the site to take a self-reflection quiz, learn why it's worth thinking about, or make a 10-day pledge to try something different.

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[disconnectmadison.org](https://disconnectmadison.org)



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