



GET 2020 LIVING

TextLess Live More is so excited to announce our second annual New Year's Resolution campaign, Get Living. Get Living is designed to battle distracting and destructive habits caused by our cell phones.

We've put together twelve months of habit-forming actions that can help you and your students take control of your virtual lives--and not the other way around.

Ending distracted driving will always be our primary goal. We believe we have to tackle the root cause of distracted driving: phone addiction. This addiction is a pandemic, and distracted driving is its deadliest symptom. We hope that, through Get Living, we can reshape our relationships with our devices both in and out of the car to live safer, healthier, happier lives.

Please encourage your students to make their resolutions to Get Living here and take a look at what's planned to help you Get Living below.

For each month, there is an event specifically tailored to SADD chapters. It is entirely optional, but designed to make your lives a bit easier. If your students have a different idea or would like to take more creative control over the monthly events, that's awesome! We'd love to hear about what they're up to, so let us know!

We'll send out updates every month with more details about what the next month has in store. They will contain 'lesson plans' for the events below as well as fun graphics and images to share online or post around school.

As always, feel free to contact us at mmcgrath@SADD.org for questions or anything at all!

We can't wait to #GetLiving with you in 2020!

Hi Res January

THE INITIATIVE

Happy New Year! Let's kick off 2020 in high-resolution. This month, set some resolutions for yourself that will allow you to live more!

Spend some time reflecting on how you used your phone this past year. Check your Screen Time (for iPhone users) or your Digital Wellbeing report (for Android or Google phones) and see how often you are using your phone throughout the day. How often are you on Snapchat, Instagram, or Twitter? How many texts do you get a day? How much of the day are you spending on your phone? Seeing these statistics in black and white can be a huge reality check, and can help you set your resolutions for this year.

Your resolutions should be realistic and things you can actually accomplish. If you spend six hours on your phone each day, maybe set a goal to only be on it for five hours. If you text certain people so much after school that it can distract you from homework, try spending time with them in person by inviting them to study at your house or at a coffee shop. The resolutions you set for yourself should be beneficial and reachable for you. Do your very best to keep up with these resolutions throughout all of 2020! Start the 20's off right. Good luck, you can do it!

ACTION IDEA

At your chapter meeting, set aside time for everyone to look at Screen Time or Digital Wellbeing and see what they find. Discuss statistics in a judgement free way. Are people happy or unhappy with what they learned? After this, have everyone write down their digital resolutions for 2020. These can be:

- Anonymous and posted on a bulletin board
- Written and sealed in a letter to be returned to the student at the end of the school year
- Or just written and shared

Feel free to take photos and share them with us on socials using the hashtag #GetLiving2020

Family First February

THE INITIATIVE

What's more important, your phone or family?

Smartphones aren't the real problem, it's how addictive phones can be to the mind. Have you ever felt yourself needing to check the messages that may or may not be there? Soon enough you are "checking for messages" every few minutes no matter where you are.

You're not alone. This constant need to be plugged in can interfere with our relationships, and over time we might start to grow apart from the people that we were once closest to. The more time we spend on our phones the less time we spend interacting with the people we love.

This is where Family First February comes in. The goal is simple: spend time with your family without the phones interrupting.

Family doesn't have to be your parents or siblings, it can be your friends who are always there for you, a team, teachers, or your SADD chapter!

At the beginning of the month, you and your family can decide what times during the week will be phone-free. Take this time to talk about the week, chat, play games, and just be together. At the end of the month check in and tell us how you did or tell us how you feel since your family spent time together.

ACTION IDEA

For Family First February, host the families of your SADD chapter or family friends for a phone-free dinner and a movie. When they arrive, explain that this evening is a time to be with your family and not on your phone. Perhaps provide a basket or a place where everyone can place their phones safely for the duration of the event.

By Bailey Menkedick, Indiana, & Freya Klein, Tennessee

March Madness

THE INITIATIVE

March is the month where everything starts to pick up. School gets busier, big tests start coming up, and spring break is right around the corner. Social media can add to the madness by becoming a distraction regardless of whether you are actually communicating with people or just mindlessly scrolling through Instagram.

This month, the challenge is to control your social media madness. Check back in with your Screen Time or Digital Wellbeing report and see how much time you are spending on your social media. Your results can be and probably will be shocking.

After you see how much time you are spending, start to set a time limit on your social media apps. Set realistic time limits for yourself. If you spend 2 ½ hours on Instagram a day, try setting your time limit to 2 hours. Even that half hour less on Instagram can make a difference. Maybe, instead of using pictures to talk to a friend through Snapchat, call them or invite them to hang out. Put down the social media and start being social face to face! Welcome to the GetLiving Madness. Good luck!

ACTION IDEA

As a chapter or as a group, identify which social media app is eating up most of your time. Add up the average of hours everyone in the group is spending on this app, and then set a goal for the end of the month. Check back in on March 31st and, if you achieved your goal, have a celebration!

By Madi Murata, California

No Fools April

THE INITIATIVE

April is Distracted Driving Awareness month, and if you're reading this, you're no fool. We know you won't drive distracted. This month is the perfect time to speak up and encourage adolescents and adults in your community to never text and drive, Snap and drive, swipe and drive, or engage in any form of digital distraction behind the wheel.

9 Americans are killed every day because of distracted driving. By raising awareness during the month of April, you can save lives and keep the people around you safe. Check out the facts below and take the TextLess Live More pledge. Together we can end distracted driving.

ACTION IDEA

Host a distracted driving assembly during the month of April. Show the video about Merritt's Story "A Message To Live For," distribute the blue bracelets, and create a pledge banner for your school to sign.

By Catherine Douglas, Louisiana, & Ashley Huck, Ohio

Memories May

THE INITIATIVE

Our phones are amazing tools for storing memories. They contain all our photos and videos, records of our conversations, and ways to keep in touch. But, the best way to make memories that will last a lifetime is putting your phone away and spending that time with the people that mean something to you.

Make a pact with your friends and family to make more memories this month. Maybe that means spending at least one hour each week together phone free. Take this time to meet up somewhere exciting, try something new together, or even just to gather and have fun. Stop looking down into the digital world; look up and see what the real world has to offer. Make memories that will last a lifetime this May.

ACTION IDEA

Host a Phone-Free Field Day for your chapter or school. This day can take any form you like, as long as it is filled with events friends and families can do to make more memories, and appreciate living them rather than texting about them.

By Bailey Menkedick, Indiana, & Catherine Douglas, Louisiana

Summer (re)Solution

THE INITIATIVE

Go back in time to New Years Eve and try to remember your New Year's Resolution. Did you complete your goal? Did you forget about it? Well this month, you make a new one! If you were not able to complete your New Year's Resolution, you try again now.

Your Resolution should be a goal of some sort that will help you stay off your pesky phone. Although it is always easy to make a goal you want to achieve, you must also make it actually achievable. So instead of saying "I want to delete all of my social media for ever" maybe change it to "I want to stay of snapchat for the week." This goal should also have some sort of time limit. A great example would be "I want to only spend 1 hour a day for the summer on Instagram."

These Summer Resolution can also be done with friends and family. Maybe try to encourage each other to stay on your goal and actually complete it. The best encouragement comes from your loved ones!

ACTION IDEA

Create a summer bucket list with your chapter, friends, or family of activities to help you achieve your resolution. Going out and experiencing new things with the ones you love, phone-free, is one of the best ways to GetLiving!

By Freya Klein, Tennessee, & Robert Fields, Pennsylvania

Digital Independence

THE INITIATIVE

July is not only the kick-off of summer vacation for students. July is a month most known for the celebration of the Fourth of July, or Independence Day. As we know, this is a holiday centered around time spent with family and friends, cookouts, a day spent by the pool, fun-filled parades, spectacular firework shows, and having fun with those you love most. Why let your phone get in the way of that?

When we dive into our phones, we often miss the time we could be spending with family. With that being said, we challenge you to celebrate Digital Independence Day this July! This means putting the phone down and enjoying the holiday with family and friends. This entails not only challenging yourself, but as well as challenging you friends and family to do the same.

For a fun competition, challenge your friends and family to see who can be phone-free the longest. You can set a challenge to only check your phone every four hours for the Fourth of July. Or, participate in a Firework Challenge by spending the holiday with friends and family phone-free and once the firework show has stopped, you can feel free to check and use your phone! Tackle digital dependence by celebrating Digital Independence Day!

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By SADD SLC & CAC

App Purge August

THE INITIATIVE

This month, start the school year off right by dumping the junk on your phone that makes you distracted, both on the road and off. Even though one post, Snap, or text takes three seconds to send, when you're on the road, it can have permanent consequences. If there is an app you find is particularly hard for you to ignore, delete it for the month and notice the difference.

Same goes for your life outside of the car. If there is an application you find yourself spending more time on than you spend with your family and friends, take a break during August to check in with yourself. How does it feel to spend that time with the ones you love instead of lost in your phone?

This monthly initiative is designed to give people time to focus on driving, school, work, and teach people to become phone independent, rather than dependent.

ACTION IDEA

Publicize App Purge August Social Media by creating posters and social media posts on strategies students use to keep from driving distracted. For example, putting your phone in the center console, putting it in the backseat, etc. Ask members of your chapters what they do, and design a fun way to share these with your community!

By Catherina Douglas, Louisiana

Something New September

THE INITIATIVE

It's a new school year, and it can be easy to fall into the same old routine. This month, challenge yourself to Live More by trying something new that doesn't rely on your devices. Maybe that means joining a new club or activity at school, learning a new skill with friends, like cooking or skateboarding, or maybe just going out and experiencing something different together, like playing a new game, watching a foreign film, or going for a hike!

Pushing yourself to expand your horizons and step outside of your comfort zone is one of the best ways to GetLiving and form close bonds with the people you love. By spending time trying new things together instead of scrolling and swiping, you can grow your relationships with friends, family, and yourself.

ACTION IDEA

Come up with a list of new things to try with your chapter, family, or friends. Make a plan to check off a few of these items and expand your horizons together! At the end of the month, let us know how many new things you tried together. The chapter with the most will win a prize!

By Ashley Huck, Ohio, & Freya Klein, Tennessee

Text or Treat October

THE INITIATIVE

It's Spooky Season Once again, and what better way to kick off October than participating in this month's Initiative: Text or Treat. The idea is very simple: You set goals for yourself to stay off either your messages or some platform of social media for as long as possible.

So it is very easy to say you are going to do something and not do it, so what better form of Encouragement than to treat yourself for a good job. Some of the simplest treats can be eat your favorite snack, taking a well deserved nap, stop working and take a break, or even go out and play some ball. Anything that gives you a reason to complete the initiative is good

With this initiative, the sky's the limit for what you do. It can be as simple as staying off Instagram for 10 minutes. As long as you reward yourself for actually fulfilling your goal. So don't treat yourself to a cookie if you were on your phone all day, it defeats the point. So stay out of the DM's and into the Fun!

ACTION IDEA

Each person logs in their goal and whether or not they accomplish it. The Sadd chapters review all goals and whether or not they believe that a person completed the goal and the winner gets a prize.

By Rhea Bhat, Connecticut, & Robert Fields, Pennsylvania

Warm Up for Cold Turkey

THE INITIATIVE

Every Thanksgiving, TextLess Live More encourages you to Go Cold Turkey and unplug for as much of the day as you can. But, this can be extremely daunting. For some of us, unplugging for 24 hours would be like trying to run a marathon with no training. So, as we lead up to Thanksgiving, let's start training to Go Cold Turkey. Maybe this means unplugging for an hour each day, or perhaps unplugging from certain apps, like social media. This extra time opens up the opportunity to talk to family and friends, catch up on homework, or get out and try new things this month.

Challenge your family and friends to get ready for Cold Turkey with you. Check back on TLLM's social media for a new warm up every day!

ACTION IDEA

Come up with a list of different ways to practice unplugging with your chapter, or use the list that TLLM will post on our socials. Encourage chapter members, friends, teachers and parents to try out these mini-Cold Turkeys and discuss how it makes them feel!

By Ashley Huck, Ohio

Do Not Disturb December

THE INITIATIVE

Tis' the season for family and friends to come together and enjoy each other's company. One thing you should not be having with you during this joyous time is your phone. When your phone vibrates or rings, you are immediately compelled to it. This brings us to this month's Initiative: Do Not Disturb December

Every smartphone has a function that is called Do Not Disturb. When you turn it on, your phone will not vibrate or ring. Removing the buzz helps people stop checking their phone 24/7, so you can study and do work without feeling the need to look at your phone.

Do not Disturb is a very powerful feature, and some phones even let you make exceptions for certain people or notifications. So if there is something important you have to look for, you can create an exception for that occasion.

Many smartphones also have a Do Not Disturb while driving setting. Turn that on and design the automated message that your friends and family will receive if they call or text you while you're behind the wheel.

ACTION IDEA

The SADD Chapters can host an event within their schools where each person who participates keeps their phone on DND and the one who can go the longest without turning it back on wins something

By Rhea Bhat, Connecticut, & Robert Fields, Pennsylvania