



Introductory Presentation Facilitation Guide

SLIDE 1 – TITLE

Introduce yourselves & TLLM

Textless Live More in an organization that works to end distracted driving, prevent tragic crashes, and save lives, and we're going to talk to you today about how you can get involved.

SLIDE 2 – POSITIVES (DISCUSSION)

Ask the group to discuss the positive impacts of cell phones on their lives. Give them several minutes to talk amongst themselves and then ask for some people to share.

SLIDE 3 – NEGATIVES (DISCUSSION)

Same as above, but for negative impacts of cell phones on their lives.

SLIDE 4 – MISSION

An essential tenet of the TextLess Live More mission is the belief that young people can change the world. We strongly believe that our generation has the power to affect cultural change with respect to cell phone use, and in doing so, save lives.

SLIDE 5 – OUR VISION 1

TLLM's primary goal is to have a world completely free of deaths, injuries, and crashes caused by distracted driving. This is a really big goal, but together we believe it is possible.

Our secondary goal is to see a world where technology does not negatively impact interpersonal relationships or mental health. *this is a good place to tie in some of what the group brought up in the negative/positive conversation*

SLIDE 6 – OUR VISION 2

TLLM's core mission is to end distracted driving. Literally, if you TextLess and don't use your phone while you drive, you won't endanger yourself or others. Literally, Live More.

Our mission can be taken a bit more broadly and figuratively as well. If you TextLess in your life, when you're in school, with friends or family, then you will Live More. The quality of your life and relationships will improve because you will be present, living in the real world instead of the virtual world.

Raise your hand if:

- **You have a cell phone**
- **You carry it with you and use it every day for more than just phone calls**
- **You pick up your phone when you are:**
 - **Bored**
 - **Uncomfortable**

- **Lonely**
 - **Procrastinating**
 - **Distracted**
 - **You've ever been annoyed by a friend or a family member using their phone while you're trying to speak to them**
 - **If you're guilty of that as well**
 - **You've ever been in a car with someone who was using their phone while driving**
 - **If that person were a parent or guardian**
 - **If it were a friend**
 - **If it were you**
- *you can loop this into a good discussion if time permits***

SLIDE 7 – THE FACTS 1

Read off the facts here or ask audience members to read them aloud one by one.

SLIDE 8 – THE FACTS 2

Read off the facts here or ask audience members to read them aloud one by one.

SLIDE 9 – PHONE ADDICTION ACTIVITY

Let's think about why we drive distracted. *you can frame this to the audience as a question if time permits*

We drive distracted because we are absolutely addicted to our phones. We're anxious when our phones are out of reach and we've got crippling FOMO to feed. At TextLess, we believe that if you treat the condition—that is, too much dependence and addiction to our technology—you treat the symptoms. And one of the deadliest symptoms is distracted driving.

What are some other symptoms that affect our lives in dangerous ways?

discuss

SLIDE 10 – CHECK YOURSELF (SCREEN TIME)

Ask the room how many people have iPhones.

Invite iPhone users to take out their phones, open Settings, and scroll down to Screen Time.

Screen Time is a new feature that allows you to track exactly how much time you spend on your phone. Which apps you use most and for how long, how often you pick up your phone, and what category of app uses most of your time.

Give the group several minutes to explore this feature, then ask for reactions. People will likely be surprised by the numbers they find.

After the discussion, let the group know that you can also use Screen Time to change your phone habits. Set times of day where you want to take a break from your phone, or time limits for specific apps. Your phone will remind you when it's time to put it down.

SLIDE 11 – GET INVOLVED

Here are some ways that you personally can get involved with TextLess Live More and advocate to make the world safer and better for everyone.

You can read these off.

SLIDE 12 – PLEDGE SHEET

This is the Pledge Sheet! It's a promise you make to yourself to be safe while driving. We would love to see everyone at *school* take the TextLess pledge. You can come sign the pledge after this presentation.

*it is a good idea to have pledge sheets on hand or posted up around school before the presentation so that people can sign their names while your awesome presentation is fresh in their minds.

SLIDE 13 – BLUE BRACELETS

These are the TextLess Live More blue bracelets. They serve as a visual reminder to never drive distracted, and to be present in your lives. Put a bracelet in the car or wear it on your wrist to remind your friends and family of the TextLess Mission, or even to remind yourself.

*if you have bracelets, let everyone know they can get one after the presentation. If you don't have bracelets, let them know they can order them for the cost of shipping at textlesslivemore.org.

SLIDE 14 – YOUR SCHOOL

This is a place where you can make a specific plan for your school or community. This can be action steps, another activity you think will be good for your group, or anything you dream up! Feel free to contact marie@textlesslivemore.org if you need help or ideas.

SLIDE 15 – MEET MERRITT

This is Merritt Levitan, the inspiration behind TextLess Live More. In 2013, Merritt graduated from high school. She was to attend Colgate University in the Fall, and had her heart set on one more big adventure before heading off to college: a 3,000 mile bike trip from Charleston, South Carolina to Santa Monica, California.

On July 2, 2013, Merritt and her fellow bikers were riding along a rural road in Arkansas. A 21-year-old man, driving distracted, hit the group of thirteen, injuring several bikers severely and critically injuring Merritt. Merritt Levitan died one day later on July 3, 2013 in Memphis, Tennessee, from brain injuries sustained by the crash. This crash could have been prevented by education and awareness.

Most/all of us didn't know Merritt, but through TextLess Live More, we know her spirit. This foundation exists as her legacy, and it was started by her friends at her high school in Massachusetts. Students like us began this nationwide movement, and together we can keep what happened to her from happening to anyone else, and to help people live as she did: bravely and boldly, with compassion, unrelenting positivity, a strong belief that anything is possible if you work hard and take action.

*don't worry about saying all of this word-for-word. Familiarize yourself with Merritt's story and tell it in your own way. We don't want people to come away from the presentation feeling sad, but instead feeling inspired and galvanized to take action!

SLIDE 16 – STAY IN THE LOOP

TextLess Live More has monthly initiatives, contests and challenges that you can get involved in. Get updates on our website, Instagram, and Twitter pages. Feel free to e-mail the TLLM Engagement Leader, Marie, if you have any questions or ideas.

SLIDE 17 – QUESTIONS?

SLIDE 18 – THANK YOU