



TextLess Live More is so excited to announce our first ever New Year's Resolution campaign: Get Living. The Get Living Campaign was designed to battle distraction 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 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 official [here](#) and take a look at what we have planned to help you Get Living below. For each month's action, we have created an event specifically tailored for SADD chapters. This is totally optional but designed to make your already busy lives a bit easier. If your students have a different idea or would like to take more creative control over their monthly events, that's awesome! We'd love to hear about what they're up to, so let us know!

We'll send out an update each month with more details about what the next month has in store, so look out for those. They will contain 'lesson plans' for the events below as well as fun graphics and images to share online or post up at school.

As always, feel free to contact me at mmcgrath@SADD.org if you have questions or need anything at all!

January: Hi-Res 2019

Let's have a high-resolution 2019. Start the year right by thinking mindfully and setting two personal goals about when and how you use your phone. That first goal might be to spend an allotted amount of time each day or week phone-free or simply to be more productive when on your phone. This resolution is personal; everyone has different needs when it comes to their phones, so resolve to do something that will work for you all year—not just for the first week or two. The goal that runs through this entire campaign is, of course, to commit to staying off your phone while driving. Suggestions to help you do this include: turning your phone off in the car, using an app to disable your phone, putting your phone in the trunk or glove compartment when you drive or giving your phone to a passenger.

Event:

1. Learn how to use screen time and other digital wellbeing tools. See lesson plan for ideas!
2. Write a letter to yourself detailing your personal goals to help you Get Living. Advisors will return these at the end of the school year.

February: TextLess Love More

Show your love (and likes!) through real-life gestures. Write a note for a friend, bake cookies for your mom, give face-to-face compliments. These moments of love mean a lot!

Event: Gather together and write love letters—both to specific people and generically. The generic letters can be placed in a jar so that, on Valentine's Day, anybody who wants one can take one.

A blue banner with a pattern of dark blue dots in the corners. The text "March: Mojo March" is centered in white, bold font.

March: Mojo March

Download the app Mojo so you can stay in your lane when it comes to distracted driving. This app not only keeps track of your driving habits, but it also rewards you when you drive distraction-free!

Event: download the Mojo app and explore together! See the lesson plan.

A blue banner with a pattern of dark blue dots in the corners. The text "April: App Purge April" is centered in white, bold font.

April: App Purge April

We all know clutter is a huge stressor in our lives, but clutter goes beyond that mess of papers in your locker or pile of clothes on The Chair in your bedroom. Our phones can be cluttered, too. Purge the apps you don't need this April to cleanse your phone of the mess. We also challenge you to delete one app you DO use often, perhaps one of your biggest vices. This doesn't mean you can't use it at all, but perhaps stick to using it on the computer. Consult Screen Time for ideas on which apps are most addictive for you.

Event: Create a chart of who has deleted what apps, perhaps including the top 5 or 10 that are chosen. For example, how many students deleted Instagram? Keep track and make it competitive either between SADD students or even more broadly, between homerooms or classes. How long can you last without your favorite app?

A blue banner with a pattern of dark blue dots in the corners. The text "May: Mealtime May" is centered in white, bold font.

May: Mealtime May

Meals are an amazing time to reflect on the day, spend quality time with your family and friends, and, duh, enjoy tasty food. Being on your phone takes you out of all those experiences. This May, resolve to keep your phone away during mealtime—not on the table! Not even face down. Keep the temptation in another room while you enjoy your food.

Event: decorate a bin, basket, or sign for your house or lunch table where your family and friends will park their phones during mealtime. Keep this sign somewhere in the house/on the table and establish that, before you sit down to eat, phones always go there.



June: 6-Month Checkup

Most years, our resolutions are long deleted by June. So, let's check in! Are you still keeping up with the promise you made to yourself to #GetLiving this year? If not—no sweat. You're not alone. June is a great time to reassess, recalibrate, and refocus. It's not too late! Half of the year remains.

Event: return the letters students wrote to themselves at the beginning of the year. Have a conversation about thoughts and feelings. How are we doing? How can we get back on track?



July: 1/4 of July

Turn your phone off for $\frac{1}{4}$ of the hours you are awake. For most people, that's four hours per day. You can space these out and turn the phone off for four one hour chunks, two two-hour chunks, designate a period of four hours, however you like! Spend those hours however you want. Perhaps coordinate with family and friends to do something fun together, or spend some time reflecting solo.



August: #AugustMode

This month, it's not airplane mode, it's August mode. Designate a time of day for yourself where your phone is on airplane mode. The length is up to you, but make it the same time every day so your family and friends know when you'll be off the grid. That way, some of the pressure and stress of being unplugged is alleviated.

Event: weekly #augustmode sessions—can be for studying or hanging out, playing games, etc. This is a good way to establish a phone free zone at school. Feel free to open this up to the whole school with SADD students managing.



September: SMS SMH

Each Friday of this month, instead of texting, make a phone call to the person to whom you want to reach out. Quality conversation is so important, and by texting, we take a huge aspect of what makes conversations and relationships dynamic out of the equation: the human voice! FaceTime Fridays are also encouraged.

Event: phone-a-thon! Everyone who comes by the table and makes a phone call so someone they love gets a baked good. Just show the call-log to the SADD student at the table (so they can check and make sure it wasn't 5 seconds long).

October: Tweet-or-Treat

Reward yourself for staying off your guiltiest phone pleasures with real-life pleasures. If you're an Insta-Addict, try and stay off for the day. If you do it, give yourself a prize! Maybe a 15-minute study break, a walk with the dog, a cookie, or a much-needed power nap.

Event: Establish goals together as a group and have a treat—maybe a basket of candy or homework passes. When students check-in at the end of the week with their advisor, they are rewarded.

November: No Noti November

Turn off notifications for everything you don't absolutely need this month. That way, you are in control of when you look at your phone. Constant pinging is hard for anyone to resist, so alleviate the temptation by getting rid of the noise!

Event: turn off noises together! Count how many different apps total for which you turned off notifications. The chapter that turns off the most wins a prize.

December: 12 Days of TextLess

Take the eleven actions from this year and add one of your own. Put one into action every day of this month—we know, we know, there are more than twelve days in December. On the 13th, start over again. (For schools, do this each day from the 1st until winter break.)

Event: At the beginning of the month, set up what your 12 days will include as a group. This is also a great time to recap and reflect on where we succeeded this year and where we can improve in 2020!

