



TextLess Live More is so excited to announce our third year of our GetLiving Campaign. GetLiving is designed to battle distractive and destructive habits caused by our cell phones.

Our Engagement Board, comprised of student leaders from around the country, 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, and we believe that, in order to do so, we have to tackle the root cause of distracted driving: digital dependence. Dependence on our devices is an epidemic, and distracted driving is its deadliest symptom. We hope that, through GetLiving, we can reshape our relationships with our devices both in and out of the car to live safer, healthier, happier lives.

Please take a look at what's planned for 2021 to help you GetLiving. For each month, there is an event specifically tailored to student groups, such as SADD chapters so it's easy to GetLiving with a squad. If you 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 you're up to! 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 info@textlesslivemore.org with questions or comments. We can't wait to #GetLiving with you in 2021!

JANUARY

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JUST DRIVE JANUARY

FEBRUARY

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NO PHONE FEBRUARY

MARCH

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MARCH MAYHEM

APRIL

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ATTENTION APRIL

MAY

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MINDFUL MAY

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NEW JAM JUNE

JULY

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JUBILANT JULY

AUGUST

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NO ONE'S ALONE AUGUST

SEPTEMBER

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SEPTEMBER SWING

OCTOBER

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OPTIMISTIC OCTOBER

NOVEMBER

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TALK IT OUT NOVEMBER

DECEMBER

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DONATE DECEMBER

THE 2020-2021 ENGAGEMENT BOARD

Shoutout to our TLLM Engagement Board! This group of SADD student leaders from across the nation has been working together since June to end distracted driving and promote digital wellness in their states by planning events, writing programs, organizing community action and authoring this years GetLiving campaign. These are our phenomenal students for the 2020-2021 year:



MADELYNN
California



CATHERINE
Louisiana



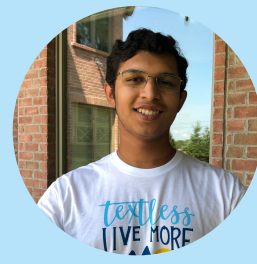
ROBERT
Pennsylvania



SAMANTHA
Florida



KAE-LYNN
Indiana



AMITESH
Ohio

CHECK US OUT ON SOCIALS :



@txtlesslivemore



@textlesslivemore



@textless_livemore



<http://www.textlesslivemore.org>

JUST DRIVE JANUARY

INITIATIVE

Happy New Year! Let's kick off 2021 the right way. This month focus on just driving so that you can Live More! There are so many different things that can be distracting when you or a loved one is driving. Spend some time noticing those distractions so that you can completely eliminate them this month. Putting your phone down while driving is imperative to your safety and those of your passengers, but what other distractions do you have? Loud music in the car, adjusting the volume or radio station, fidgeting with passengers or items in other seats, and even drinking your favorite Starbucks order can all be distractions causing you to take your eyes off of the road.

ACTION

This month with your chapter, family, or individually, we encourage you to be mindful and eliminate whatever distracts you in your car this month. Take some time to write down the things you notice as distracting while you are driving or riding in the car, and discuss them with your family and friends. After this conversation, take the TLLM pledge together to start the year off right. We want to help you all be safe and responsible drivers this year. The habits you make now will follow you the rest of your life, so create great habits! Do your best to continue these goals throughout 2021! Good Luck everyone and safe driving!!

By Catherine Douglas (Louisiana) & Kae-Lynn Lowe (Indiana)

NO PHONE FEBRUARY

INITIATIVE

It's the second month of the new year, how's your GetLiving Resolution going? This February, we encourage you to break old driving habits and create new habits for the good. Especially during a time where technology has greatly advanced, when we're on the road driving, our phones and devices emit so many distractions. It's important that when we drive, all of our attention and focus is on the road and not distracted by notifications on our devices. One glance at your phone puts your life and the lives of others on the road in danger. To be the safest driver for yourself and others on the road, this month's initiative focuses on empowering you to put your phone away in a spot that is not accessible in your car to prevent any distractions caused by our devices. Every year, there are thousands of cases of injuries and accidents caused by a distracted driver. Is it worth putting your life and the lives of others at risk to check a notification? It is important to realize that our actions on the road are not only affecting us, but others who are on the road as well. With this month's initiative, we strongly empower you to feel confident knowing that when you are driving, your phone is put away in a spot that is not visible to the driver in order to prevent any distracted driving for yourself and others on the road.

ACTION

With your chapter, family, or individually, create a space in your car that is inaccessible from the driver's seat to leave your phone when you are driving (ex: glove compartment, pocket in a bag that is left in the back seat, etc). Keep a checklist in the car of everything you need to do before you put the car in drive. This includes buckling up, double checking your directions, setting up your tunes, and, of course, putting your phone away!

By Maddie Lee (California), Robert Fields (Pennsylvania) & Kae-Lynn Lowe (Indiana)

MARCH MAYHEM

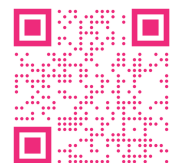
INITIATIVE

March can be one of the craziest times of the year. Work starts to pick up. School gets busier, major due dates draw near, and spring break is right around the corner. With the sudden increase in stress levels, it's often necessary to take a breather. Take some time this month to check in with your mental health and wellbeing. Take a break from your phone and social media and do something you love (play an instrument, hang out with some friends, meditate, or take a nap). A great way to start is by participating in the National Day of Unplugging on March 3rd. Learn all about it at www.nationaldayofunplugging.com

ACTION

Take at least 20 minutes a day throughout the month to practice mindfulness amidst the mayhem. In addition, be sure to monitor your daily phone usage and time on social media, trying to keep it under two hours a day. Join the TextLess Live More Challenge on National Day of Unplugging, March 5-6. Using the lilspace app, you can unplug and join in activities to help you unwind and Live More with the TLLM community.

By Amitesh Verma (Ohio) & Samantha Greenfield (Florida)



Join the TextLess Live More
Challenge in the lilspace app

ATTENTION APRIL

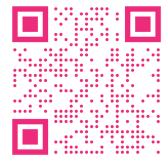
INITIATIVE

In an increasingly digital world, our attention is one of our most valuable resources. This April, spend your attention accordingly. Be more attentive in your daily activities, especially while you drive. Combat digital dependence by being attentive without your phone, both in and out of the vehicle. 8 people in the United States are killed each day by a distracted driver. While driving, stay focused and aware on the road and what is happening around you. If we have learned anything from 2020 it is that technology can also be a drain on our mental health, so put down the phone and pay attention to the amazing things around you. Try new things and spend screen-free time with your family and friends.

ACTION

April is National Distracted Driving Awareness Month, so get your chapter, friends, and/or family to take the TextLess Live More pledge. Come up with ideas on how to raise awareness about distracted driving. Also, remind people to pay more ATTENTION while driving instead of their phones.

By Catherine Douglas (Louisiana) & Kae-Lynn Lowe (Indiana)



Take the Pledge to
never drive distracted

MINDFUL MAY

INITIATIVE

Springtime is here! The flowers are blooming, the sun is shining and everyone is doing their spring cleaning. Whether it be getting rid of old clothes or vacuuming under the couch, this is the time of year when we all start to tidy up. This Mindfulness May, we encourage you to tidy up your phone. If there are apps that are too distracting, we advocate for you to delete them for this month! Instead of mindlessly scrolling through Instagram, eliminate the distraction and use your time doing something more productive! Be mindful of the apps that you use frequently--you can check your numbers using Screen Time or Digital WellBeing--and get rid of apps you don't use.

ACTION

Are there any apps that you haven't used in awhile, or perhaps some that you are on all the time? This month we encourage you to take part in SPRING CLEANING on your phone with us! Delete all of those apps that you find yourself checking constantly. Eliminate those distractions, and delete the app. We know this is a big step, but eliminating outside distractions can help you focus on your goals and achieve them. Try going just a day or a week without them to start, and see how it feels. With your chapter, friends, or families, create posters or use other marketing strategies to entice others to do the same. Let's spring clean our phones together this month!

By Kae-Lynn Lowe (Indiana) & Samantha Greenfield (Florida)

NEW JAM JUNE

INITIATIVE

With the end of a school year and the beginning of summer, it's a great time to try something new. Maybe for you this means being more active, getting more involved in your community, school, or SADD chapter, or meeting new people and making new friends. Rather than spending our summer dependent on our devices and heavily relying on technology to pass time, this is the time to go outside, engage in activities, and find your new jam. One great way to go about this is to safely gather with your friends or school SADD chapter, not only to bond and spend time with each other, but also to take an active role in helping your community. Summer marks a much deserved break from studying, and is a time where we can recharge for the upcoming school year! It's important that we don't become too dependent on our devices and miss out on being active in our community and spending quality time with others. With this initiative, you are empowered to be more active and involved in your community.

ACTION

Plan a zoom call with your chapter to spend more time getting to know each other and to start planning events and other activities for the upcoming school year. You can also host a zoom SADD summer camp with your chapter that is open to all students to help recruit new members and also further educate people on SADD ideals and their mission.

By Catherine Douglas (Louisiana) & Maddie Lee (California)



Scan to plan your SADD
Camp!

JUBILANT JULY

INITIATIVE

July is in the heart of the summer break—a time to celebrate the great warm weather and have fun outside with family and friends! Instead of dwelling on your phone, take some time this Jubilant July to enjoy the fresh air and sunshine. Mouth-watering cookouts, days at the beach, fun-filled festivals, and spectacular firework shows are the highlight of this month; so take some time to enjoy them without your devices.

ACTION

Since July is the seventh month of the year, try to spend at least seven days this month off your device. Instead, try spending time outside (exercising, having a picnic, or playing sports are some example ideas)! Challenge your family and friends to a competition of who can stay off their phone the longest; maybe try only checking it every four hours to commemorate the Fourth of July. Take time this Jubilant July to make happy memories with your loved ones!

By Amitesh Verma (Ohio) & Samantha Greenfield (Florida)

NO ONE'S ALONE AUGUST

INITIATIVE

August is usually the time when students are getting back in the groove; the time to buy supplies, finish summer homework, and meet new teachers. However, this process can be challenging for the “new kids” at school who are also trying to make new friends and getting used to the new environment. Take some time this August to Live More by mingling with students you don’t usually talk to, to branch out of your comfort zone. Spending screen-free, undistracted time getting to know someone is an amazing way to make them feel special!

ACTION

Make connections with some new students at school. Inviting them to a phone-free lunch table, partnering with them in class, or helping them out with homework or other club activities is an amazing way to build community, spread mindfulness, and Live More. Watch how many new friends you can reach!

By Amitesh Verma (Ohio) & Robert Fields (Pennsylvania)

SEPTEMBER SWING

INITIATIVE

With the start of fall and a new school year, it can be easy to start feeling behind or unorganized; so this month, we encourage you to get into the swing of things by becoming more organized. Organization can be extremely beneficial for your mental and physical health. It allows you to focus on your priorities without worrying about where things are or how to get them.

ACTION

This month, we motivate you to get into the Swing of Things! Use this month to organize yourself for the rest of the year; whether it be clearing out old folders on your laptop, getting rid of papers you don't need anymore, organizing your at-home workspace, or clearing out clutter on your phone, the sky's the limit with this month's initiative! At the end of this month, let us know what new organizational methods you tried and what worked best for you.

By Kae-Lynn Lowe (Indiana) & Samantha Greenfield (Florida)

OPTIMISTIC OCTOBER

INITIATIVE

Although October is known as a spooky month, we're feeling optimistic this year that the TLLM family won't engage in scary behavior. Safety always comes first, and there are always positive outcomes to making the decisions that help us lead the healthiest and safest life.

Since October is when many schools host their homecoming dances, it is critical that we engage in behaviors that ensure the health of ourselves and others. Impaired and/or distracted driving on homecoming night is one of the most common causes of accidents. With this month's initiative, we believe in you to make the safest decisions every day, as well as on nights like homecoming so no one's life or safety is in jeopardy.

ACTION

With your school chapter, host a TextLess Live More week prior to homecoming to teach others about digital dependence, the detrimental effects of distracted driving, and also have members sign a pledge pledging to drive distracted free. You can also promote Red Ribbon Week with your chapter at your school through activities such as signing pledges pledging to be Drug Free. At the event, spend some time discussing the benefits and positives that come from being undistracted, both behind the wheel and out in the world.

By Catherine Douglas (Louisiana) & Maddie Lee (California)

TALK IT OUT NOVEMBER

INITIATIVE

What comes to mind when you think of November? Probably Thanksgiving, delicious food, and the jolly transition into the winter season. However, most importantly, November is a time to give thanks and appreciate your friends and the members of your family—an opportunity to connect. Take some time this November to talk it out with your family members, dropping your devices. It's not always healthy to communicate through text. It's important to use your voice and have quality convos with your family and friends. Give someone a call or sit down together for a heart-to-heart!

ACTION

Whenever possible, try to use a call instead of a text to communicate with your family members and friends (of course, for certain matters, texting is more convenient). Especially during Thanksgiving, unplug for a couple hours and spend time with your family and friends, "talking it out" and cooking some great food.

By Amitesh Verma (Ohio) & Robert Fields (Pennsylvania)

DONATE DECEMBER

INITIATIVE

'Tis the season of giving! During this time of holiday joy, Living More is so important. Being present, giving back to your community, and spreading joy to everyone is an amazing way to spread the TLLM mission. Getting out into the community and making a difference is a great opportunity to connect with others, and often naturally happens without the distraction of our devices.

During Donation December, you do your best to give back in any way, shape, or form. It can be as small as giving away your old clothes or as big as hosting your own charity event to fundraise or collect toys and gifts to give to others. How you go about spreading your holiday joy is up to you. We also always encourage that you share the spirit with others to get them involved with giving back as well. The more people participate, the more of an impact you can create on your community. Have fun sharing the wealth this Donation's December. Happy Holidays!

ACTION

With your chapter, host an in-person or virtual food drive or toy drive, creating a fundraiser to donate canned foods and toys to others in your community. For each item donated, commit as a group to one minute of unplugging together during the holiday season.

By Maddie Lee (California), Robert Fields (Pennsylvania) & Kae-Lynn Lowe (Indiana)