

Distracted Driving Awareness Month

overview

Theme

Think of yourself. Think of others.

Initiative

April is an important month for TLLM. Ending distracted driving is our mission.

Focus on your driving habits this month. Think about how your actions affect those around you, as well as yourself. There is no such thing as a good distracted driver, only a lucky distracted driver. The goal that runs through this entire campaign is, of course, to **commit to staying off your phone while driving.**

driving activity

Pledge to Never Drive Distracted

Objective

Students will hold a pledge drive at their school.

Overview

Every April is Distracted Driving Awareness Month. This is an important time for TextLess Live More's mission to end distracted driving. The CDC states that more than 3,000 people die each year from texting and driving and other distracted driving behaviors. According to [Drivesafeonline.org](https://www.drivesafeonline.org), "texting while driving has the same effect on your driving reaction time as if you had consumed four beers in a single hour." It's critical to start safe driving habits at a younger age to ensure you will be dedicated to safe driving for life.

Introduction

- Talk about distracted driving statistics with students.
- Discuss how they realistically affect people's lives. Statistics aren't just numbers.
- If students have a better understanding of distracted driving facts, they'll be able to communicate them to their peers more effectively.

Activity

Hold a pledge drive at your school.

- Hold the drive during the best time – lunches are often ideal.
- Have students cover the table, encouraging their peers to sign the pledge.
- Have students sign a TLLM banner or a big poster – make sure it says "I pledge to not text and drive" somewhere on the banner.
- Need a banner? Let us know!
- If you have the resources, offer an incentive to anyone who signs.
- We usually give out the classic blue TLLM bracelets.
- You could give out cookies or sweets.
- If you can, share over the school announcements how the drive went – how many people signed, and where you will hang the banner, etc.

wellness activity

Earth Day Nature Walk

Objective

Students will go on a phone-free nature walk.

Overview

TextLess Live More encourages everyone to spend more time outside in their pursuit of Living More. Earth Day is a great day to celebrate the outdoors and all the ways it can help us disconnect from technology, and reconnect with the world and people around us.

Introduction

- Discuss what Earth Day is and the history of Earth Day.
- Discuss what Earth Day means to students.
- Plan your group walking route, or the students' individual walking routes.

Activity

Take a phone-free nature walk to celebrate Earth Day!

- Aim for at least 30 minutes.
- Have students put their phones on Do Not Disturb mode.
- Go together as a group, or have students do it on their own time.
- Extra: if possible, plant a new tree on your school's campus!