



## mini guide

End distracted driving, **SAVE LIVES.**  
Promote digital wellness, **CHANGE LIVES.**





## our mission

We are a national awareness campaign with a mission to end distracted driving and promote digital wellness.



## our name

Our name has dual meaning:

### 1 TextLess to Live More:

Never text behind-the-wheel to prevent deadly crashes to *live more*, literally.

### 2 TextLess to Live More:

Practice the mindful use of technology to *live more*, figuratively.



## our story

TextLess Live More was founded in 2013 in honor of Merritt Levitan, who was just 18 years old when she was struck and killed by a distracted driver.

Merritt died because of 4 seconds of texting.

She is the inspiration behind our mission.

# the pledge

## what it is

A promise to yourself and your community that you will never drive distracted.

*I pledge to never text, post, stream, or engage in any form of digital distraction behind the wheel. I take this pledge to save lives, prevent tragic crashes, and make the roads safe for everyone.*

*I pledge to step out from behind my screen and Live More every day to change our culture of distracted living and digital dependence.*

## what to do

You've got options:

- 1. Sign the pledge online.** Make your pledge official and receive updates from TLLM.
- 2. Host a pledge event for your community.** Set up a table in a common area, talk about the TLLM mission and invite people to sign the pledge. Create a pledge banner to be colorfully signed and publicly displayed. Hand out TLLM blue bracelets and stickers to remind people of their pledge.
- 3. Spread the word!** Share TLLM with everyone you know and the importance of never using a device while driving.

## what next

Everything you need for the pledge.

pledge  
sheet:



online  
pledge:



pledge  
banner template:



TLLM  
stickers:



TLLM blue  
bracelets:



contact  
TLLM:



# the presentation

## what it is

A resource to educate yourself and your community about TextLess Live More, distracted driving, and digital wellness.

The TLLM Presentation can be shared with everyone by any member of the TextLess Live More community – which includes you!

Use the presentation to educate others about the dangers of distracted driving and the importance of digital wellness. Don't forget to make it your own!

## what to do

**You've got options:**

- 1. Give a presentation.** Bring TLLM to your community with a presentation. Download the presentation and familiarize yourself with the material and activities. You know your community best, so feel free to make edits or additions for your unique audience.
- 2. Request a presentation from Team TLLM.** Organize an official TextLess Live More presentation. We love working with you to organize a visit, where we present our mission to your community and connect in person over this important topic.

## what next

**Everything you need for a successful presentation.**

presentation  
slideshow:



presentation  
request:



presentation  
swag kit:



# the GetLiving campaign

## what it is

A year-long program with different themes, driving activities, and wellness activities for each month.

GetLiving is TLLM's monthly initiative campaign to help end distracted driving and promote digital wellness.

GetLiving's intention is to help form healthy digital habits, break the cycle of dependence on devices, and live more every day.

## what to do

You've got options:

1. Review the GetLiving Calendar for the year.
2. Download the GetLiving Program Guide.
3. Review each monthly overview, then participate in the driving activity and wellness activity.
4. GetLiving!

## what next

Everything you need to GetLiving.



GetLiving  
Calendar:



GetLiving  
Program Guide:





We're here to help! Reach out to [info@textlesslivemore.org](mailto:info@textlesslivemore.org) with any questions, comments, or inquiries.

Check out [www.textlesslivemore.org](http://www.textlesslivemore.org) for more information and stay updated on all things TLLM by following us on Instagram [@textless\\_livemore](https://www.instagram.com/textless_livemore).