



GET STARTED

There are many ways to launch TextLess Live More at your SADD chapter!

- **Take the Pledge**

The TextLess Live More Pledge is an easy way to engage your community to end distracted driving and live more. You can put up pledge sheets at your school or pair a pledge event with an ice cream social or bake sale! Students sign the pledge sheet and, in so doing, promise not to drive distracted.

- **Join Our Monthly Initiatives**

Each month TLLM invites members of SADD Nation and others to change the relationships with their phones through a series of different habit-forming initiatives. Every monthly initiative comes with an event plan that is ready-to-use. These updates are posted on the portal.

- **Schedule a Presentation**

You can spread the TLLM message to your community! A ready-to-use presentation and facilitation guide is available online or by request so that you can deliver the facts and mission to your peers while adding information that is specific to your school. A pre-recorded version is also available.

- **Distribute the Blue Bracelet**

The TLLM blue bracelet is a visual reminder to never use your technology behind the wheel and to look up and be present in your life. Wearing the bracelet, keeping it in your car, or both are a great way to remind yourself and others to Live More.

- **Establish a Phone-Free Zone in Your School**

Creating a space where students are always off their phones is a good way to unwind and connect face-to-face with your friends. It also reminds the community that there is a time and a place for cell phones. If you can leave it in your backpack for an hour in the student center, you can leave it tucked away while driving.

If you need help or have any ideas for these or additional TLLM events, feel free to contact mmcgrath@SADD.org

Follow us!  @textless_livemore  @txtlesslivemore

