

# Speak up.

## *you might just save a life.*



Steps to stop texting and driving:

### **1. Awareness.** *Know the risks.* .....

Texting while driving is involved in 200,000+ vehicle crashes each year, often involving injuries and death.<sup>1</sup>

### **2. Commitment.** *Take the pledge.* .....

Make a *lifelong commitment* never to text and drive.

❖ Go to [ItCanWait.com](http://ItCanWait.com) and take the pledge with a loved one.

### **3. Ritual.** *Change your behavior.* .....

Create a routine that reminds you before you drive.

### **4. Influence.** *Speak up.* .....

90% say they'd stop if a friend in the car asked them to.<sup>2</sup>



93% would stop if a parent in the car asked them to.<sup>2</sup>

