## speak up.



## you might just save a life.

Steps to stop texting and driving:

## Awareness. Know the risks. Texting while driving is involved in 200,000+ vehicle crashes each year, often involving injuries and death.' Commitment. Take the pledge. Make a lifelong commitment never to text and drive. Go to ItCanWait.com and take the pledge with a loved one. Ritual. Change your behavior. Create a routine that reminds you before you drive. Influence. Speak up.

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

of teen drivers say they're likely not to text and drive if friends tell them it's wrong or stupid.²

93% would stop if a parent in the car asked them to.



say that they would be thankful if a passenger complained about their texting while driving.<sup>2</sup>