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.¹

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.²
   - 78% 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.²
   - 44% say that they would be thankful if a passenger complained about their texting while driving.²

¹ National Safety Council ² ConnectSafety.org