TEXTLESS LIVE MORE

PRESENTS

GET2022 LIVING

TextLess Live More is excited to announce the **2022 GetLiving Campaign**! **GetLiving** was designed to battle distractive and destructive habits caused by our cell phones.

Our Engagement Board, comprised of student leaders from around the country, created twelve months of habit-forming actions to help you take control of your virtual life. Ending distracted driving will always be our primary goal and we believe that in order to do so, we have to tackle the root cause of distracted driving: digital dependence.

Dependence on our devices is an epidemic, and distracted driving is its deadliest consequence. Through **GetLiving**, we hope to reshape our relationships with our devices both in and out of the car to live safer, healthier, and happier lives.

Each month, there is an event and challenge specifically tailored to student groups like SADD chapters so it's easy to **GetLiving** with a squad. Feel free to take creative control over the monthly initiatives and put your own spin on it! Keep us posted – we love to hear what you're up to.

The TextLess Live More team sends out updates every month with more details about the upcoming month's **GetLiving** challenge, including lesson plans for events and fun graphics and images to share online or post around school.

Feel free to contact us at info@textlesslivemore.org with questions or comments. We can't wait to **#GetLiving** with you in 2022!

GET2022 LIVING

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THE 2021 - 2022 ENGAGEMENT BOARD

Shoutout to the 2021 - 2022 TextLess Live More Engagement Board!

This group of SADD student leaders from across the nation works together to end distracted driving and promote digital wellness in their states by planning events, writing programs, organizing community action and authoring this years **GetLiving** Campaign.

Meet our phenomenal students for the 2021 - 2022 year:

Kamy
Wyoming

Daphne
Ohio

Conor
Louisiana

Aarav
Colorado

Gwen
Connecticut

Samantha
Florida

Leah
California

Memphis
West Virginia

Cheyenne
West Virginia

TEXTLESS LIVE MORE

JUMPSTART JANUARY

initiative:

It's a new year, and the best way to jumpstart 2022 is to make a resolution. We know, we know, most resolutions become distant memories by February, but this one is easy:

commit to NEVER driving distracted.

Join thousands of other students and adult allies across the nation in pledging to never engage in digital distraction behind the wheel, because ending distracted driving starts with you.

action:

Jumpstart January by signing the TextLess Live More pledge to NEVER drive distracted. You can:

- Sign the TLLM online pledge
- Host a pledge event at your school – contact TextLess Live More for more info!

As part of your pledge, make a plan for every time you get behind the wheel:

- Decide where the safest place for your phone is while you drive – in the glove box or in the backseat
- Set up the Do Not Disturb While Driving function on your phone
- Set up hands-free calling in your car

With this pledge and your new in-car routine, start 2022 off strong, without driving distracted!

By Kamryn Michelina, Wyoming

FEARLESS FEBRUARY

initiative:

It's the middle of winter and February is approaching. The bitter cold and early sunsets of winter are always challenging, but having a **Fearless February** will help us overcome the winter blues. Take the first step to fearlessness: recite the affirmation,

"I am strong. I am brave. I am fearless."

Reciting affirmations may not get rid of your challenges, but building strength mentally is one fundamental thing you can do to stay strong during this winter season.

You can also be fearless by setting personal goals for yourself and writing them down in a journal. That could include cleaning your room, spending more time with family, or getting together for a meal with friends.

While setting goals for yourself is important, taking care of yourself is also essential to staying fearless. Take care of yourself by prioritizing screen-free time in your weekly schedule, and using that time to read a book, bake cookies, or treat yourself to a spa day.

On both good and bad days, just remember to use February to stay fearless!

action:

Repeat the affirmation ***"I am strong. I am brave. I am fearless,"*** a couple times throughout your day. See if it makes a difference in your positive thinking.

Try writing a list of personal goals for the month and see how many you can accomplish.

Prioritize screen-free time in your weekly schedule, and use that time to read a book, bake cookies, or treat yourself to a spa day.

By Daphne Antwi, Ohio, & Leah Sully, California

MOTHER NATURE MARCH

GET2022 LIVING

initiative:

With spring right around the corner, we encourage you to Text Less and Live More by putting your cell phone down and enjoying the great outdoors. There is so much mother nature has to offer, and it can be as simple as watching sunsets or sunrises, or exercising outdoors by hiking, biking, or running.

Take this time to try new things you may not do every day – like camping or planning a picnic. If you are involved in club organizations such as SADD, 4-H, Sources of Strength, National Honors Society, or Family Career Community Leaders of America, take this opportunity to do a service project outside.

Enjoying mother nature is not only amazing, but also rewarding, as it gives you an opportunity to relax and take care of your mental health.

Try to take a break from the stressors of school, social media, or anything else that may be concerning during **Mother Nature March**.

action:

Spending time outdoors is proven to improve mental health, along with promoting less use of your phone and social media (except for maybe one or two #ForestBathing Instagram pictures).

To get outside this spring, participate in our March Miles challenge! All miles that you hike, bike, walk, or run count! Compete with your friends or family to see how many miles you can rack up during March while the weather is warming up. Challenge yourself to make one goal to try to find a new outdoor location to enjoy. Keep track of your March Miles in the document **here.**

By Cheyenne Estep, Virginia, & Gwen Weiker, Connecticut

DISTRACTED DRIVING AWARENESS MONTH

initiative:

Each April, advocates around the country recognize National **Distracted Driving Awareness Month**. Nine people are killed every day in the United States due to distracted driving crashes. For this month's **GetLiving** initiative, we aim to have 2,022 people or more sign the TextLess Live More pledge on our website.

action:

Host a pledge event in your school or community. This can be as simple as putting up TLLM pledge posters, setting up a table at lunch, or sending the link to your friends. This is also a great time of year to host or give a TLLM presentation. Visit our website for all the resources you need to facilitate these and more.

By Team TLLM

GET AWAY MAY

initiative:

School's out (or almost out), and it's time to party! With finals done, take some well-earned time to get away from all the classroom stressors and finally ~chillax~. Although a chill digital day can be nice, not every day needs to be spent in front of your phone or computer. When you're lounging around the house with nothing to do, hit up a friend, go outside, and enjoy a digital detox.

action:

For **Get Away May**, commit to getting out of the house and doing something screen-free with others at least twice a week. The possibilities are endless, from going to a mall to going golfing. Leaving the house doesn't mean spending money, though! Go play football in the park, or explore nature with your friends, whether it be hiking up a mountain, walking through the forest, or lounging at the beach. You can do these things alone, too. Everyone needs a little "me" time sometimes. Get Away from your regular routine this May!

By Aarav Varma, Colorado, & Connor Ballard, Louisiana

JUNE BALLOONS

initiative:

We're halfway through the year! Time to reflect on 2022 – maybe even get some balloons and celebrate making it halfway through 2022! Recollect and reflect on your favorite memories, and even your least favorite memories. Ask yourself some questions:

What did you learn?

Did you grow?

Did you change in a positive way?

How will you continue to improve your mental health for the rest of the year?

Take this month to reflect on your mental wellness and how it has affected your year thus far.

action:

With your SADD chapter or by yourself, inflate your own balloons or buy balloons inflated with helium. Grab a sharpie and do a brain dump on the balloon with your thoughts on 2022. Write down anything you please and on as many balloons as you please! You can write about how you're doing mentally and emotionally, any goals you have achieved or plan to achieve, or even things you're struggling with and how you can perservere through the rest of the year.

Once you are finished writing, pop the balloon to send your thoughts and wishes out into the universe! Participating in **June Balloons** is a great stress reliever for many, and also a fun way to celebrate getting midway through the year!

By Samantha Greenfield, Florida, & Kamryn Michelina, Wyoming

GO TRY JULY

GET2022 LIVING

initiative:

It's the height of summer and you've been spending it your way! Travelling, hanging with friends, and hopefully helping around your community. You can only frequent the same places so many times before it gets boring, though. Don't let that stop you from having a memorable experience! When your normal summer activities just don't feel as fresh or exciting as they used to, you have to reach out and try something new!

action:

Your task for **Go Try July** is to try two new activities. Take a shot at a new sport, such as soccer, tennis, or even rugby. Explore a new local cafe, museum, or aquarium ... don't forget to bring your friends!

Hobbies are also a great way to express the inner you, and there's bound to be many interests you haven't discovered yet. You can begin by volunteering in your community and starting a project that benefits others as well. Whatever it is, it's time to get out, explore something new, and work on that summer glow up!

By Connor Ballard, Louisiana, & Daphne Antwi, Ohio

ACTION AUGUST

initiative:

Summer is coming to a close, the school year is starting, and we're getting ready to enter the last few months of 2022. We bet there is at least one thing on your bucket list for the year that you haven't gotten around to yet!

Action August is all about tying up loose ends and doing something fun that you've been putting off for a while. There is truly no time like the present. We know it's easy to get busy and overwhelmed, which means we often miss out on things that have been on our to-do lists for a while.

Take some time this **Action August** and set yourself up to start the school year correctly, with a clean slate!

action:

Pull out your past to-do lists or goals for the year. Are there any items you can try and knock out? Commit to **Action August** and do it!

Are there any months of **GetLiving** you weren't able to fully invest in? Do them now! It can be difficult to make time in your busy schedule to catch up on past tasks or activities, but now is a great time to accomplish some overdue goals.

By Team TLLM

S.M.A.R.T. SEPTEMBER

initiative:

S.M.A.R.T. September is designed to help you promote safe driving!

S - Speed
M - Make and Model
A - Attitude
R - Registration
T - Trust

Being **S.M.A.R.T.** when it comes to driving means determining who you let drive you. It's essential to ride with a driver who respects you and your boundaries, even if it's sometimes inconvenient to wait for a responsible driver. Avoid being involved in unsafe and distracted driving with these tips – use them as a mental checklist for a quick way to choose whether to get in a vehicle with someone.

S - Speed

How did this person drive up to you? Were they particularly fast or aggressive? Did they rev their engine? Slam on their breaks when they stopped? It's important to take note of first impressions. If they're reckless while you aren't in the car, how will they behave with you in the car?

M - Make and Model

How is their car treated? Is it banged up, with lots of scratches and missing paint? This can signal the driver gets in a lot of accidents. While this shouldn't be the sole determining factor, it can certainly allude to the driver's history. Make sure to note the safety features of the car. Is the car twenty or thirty years old? Airbags only became mandatory in 1998.

A - Attitude

What's the driver's behavior? Are they overly aggressive, upset, stressed, or excited? Emotions can cause poor decisions, especially behind the wheel. When a driver shows signs of aggression, you probably don't want to be in a car with them.

R - Registration

Does this person have a valid license and up-to-date car registration? It might be hard to tell from a first glance, but if you know the person is irresponsible then you probably don't want to them to drive you.

T - Trust

How well do you know this person? Will respect you, your boundaries, and your safety? If the answer is unclear, reconsider driving with them – reckless driving can cause severe crashes and major consequences.

action:

Keep a printout of a **S.M.A.R.T.** flyer in your glovebox, backpack, or purse or saved to your phone to have handy as a reference for driver safety. Practice being a **S.M.A.R.T.** driver for others. Encourage your friends to use **S.M.A.R.T.** too and stay safe!

By Samantha Greenfield, Florida, & Gwen Weiker, Connecticut

OUTSTANDING OCTOBER

initiative:

The end of the year is getting closer as we venture into October. Make this next month count by taking the extra step in supporting yourself and your community in **Outstanding October**! The first way to be outstanding this month is to truly reach out to and check in with people you know. You never know when someone needs support, so making more of an effort to be there for someone can really make a difference – and remember, if you see that a friend or family member is struggling, say something to an adult or supervisor who can help.

Be outstanding in October by getting involved in your community. Whether it's joining an extracurricular activity, volunteering, or even helping out a friend, getting involved is a great way to benefit yourself and others around you. Don't forget that in order to be outstanding, it's important to be mentally healthy. Protect your mental health by taking a break from your devices and doing some good in the world – it can be as small as holding the door open for somebody or surprising a friend with their favorite drink or snack!

action:

Send a letter or call a friend you haven't spoken to in a little while! Talk to them about what's going on in their life.

Try something new! Step out of your comfort zone – wake up early to watch the sunset, go on a spontaneous long drive or road trip, or even just find a new book to read!

Use this month as an opportunity to grow, support those around you, and be outstanding!

By Leah Sully, California, & Cheyenne Estep, Virginia

GO COLD TURKEY

initiative:

Can you believe it's already November? Time sure flies when you've been having fun and participating in **GetLiving** for the year! If this is your first time participating in **GetLiving**, welcome to our annual November tradition: **Go Cold Turkey** for Thanksgiving!

As we enter the holiday season, many people will be spending lots of time with friends and family to celebrate their love and friendship. It's easy to get overwhelmed and need a break from all the interaction, but at TextLess Live More, we think it's important to try and stay as present as possible during your get-togethers. That's why we encourage everyone to put their phone away during family time, so we can stay connected to the people around us and stay present.

action:

This year during your Thanksgiving celebration, join the rest of the TextLess Live More community and **Go Cold Turkey** from your phone for the day. A couple pictures and a few "thankful for you!" texts are definitely okay, but the goal is to stay off social media and put off scrolling until the next day. When you **Go Cold Turkey**, you can make sure you're staying present and kicking off the holidays the right way!

By Team TLLM

GETGIVING DECEMBER

initiative:

It's the most wonderful time of the year! Giving things around the holidays is a great way to close out a year of Living More. Baking, especially in the winter, is such a joyous feeling. What's even better is giving delicious cookies and treats away to people and making sure that they know they are loved and respected! Giving homemade gifts or handwritten cards is also a great way to show you care. Giving up your phone for the whole day, or even just a few hours, to spend quality time with your loved ones is another way to GetGiving this December. Remember, being present is the best present!

action:

For **GetGiving December**, bake and decorate cookies with your friends or SADD chapter for a fun end-of-year activity. Then set up a TLLM table during lunch where you can get a cookie for signing the pledge! Another idea is to get a cookie if you give up your phone for the duration of the lunch period.

By Memphis Farmer, West Virginia, & Aarav Varma, Colorado