

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. *Make a promise.*

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


••• Go to ItCanWait.com and make a promise 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 ConnectSafely.org