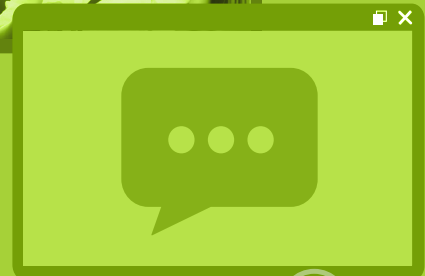


IN ONE INSTANT AWARD-WINNING TEEN SAFE DRIVING PROGRAM



Creating Change, Driving Tips, &
COMMUNITY SERVICE OPPORTUNITIES



IN ONE INSTANT

GIVE US SOME CHANGE

It's always something small. Eating a burger, adjusting the radio, putting on makeup, sending a text message. These are all little things. They take seconds to do. Yet these little things have created one big problem: distracted driving is the #1 killer of American teens. It doesn't need to be this way; we can change the little things.

It starts with a choice. Your choice. When you speak up and take action, others will follow suit. But you have to take the first step: make a conscious choice to become part of the solution.

That's why we're here. To help you become an Ambassador for change - all while having fun and scoring some impressive accomplishments for your college resume. Impact your entire community with the creative service opportunities we've provided and help raise awareness about distracted and reckless driving. You'll be changing society and earning community service hours in the process. On top of that, we've made it super easy for you and your friends to start an In One Instant club at school or in your community. Your commitment will empower others to take their first steps with you.

Lead the charge against peer pressure and bad driving habits with a collection of practical tips inspired by our Teen Ambassadors. This is everyone's problem, but if all of us fix the little things, together we will create societal change.



If you've already experienced the In One Instant Video Program, but haven't completed the anonymous post-survey, please take a second to do so!

www.inoneinstant.org/post-survey



PART I: DRIVING TIPS AND TRICKS

UNIQUE IS GOOD. EXCEPT WHEN YOU'RE DRIVING

We know you're special - your parents told us so. But that's not a good thing behind the wheel. It's simple: **predictability is an essential part of safe driving.** Unpredictable driving leads to crashes.

Think about it: you're surrounded by scores of other drivers. Everyone is in a rush to get where they're going. One false move from any of them can cause a major crash.

So how do we get home safely? We anticipate and react to the drivers around us while making it easy for them to anticipate and react to what we're doing.

So how long does it take to react to a dangerous situation? It depends on how much experience you have. For most drivers, this process takes about three seconds - but it's longer for teens and other new drivers. Your brain has less experience to draw from, so it has to work harder to figure out what to do. And forget about avoiding anything if you're texting - that takes your attention away from the road for nearly five seconds.

DO YOU REALLY WANT TO BE THAT DRIVER?

You'll be driving along at a steady speed, keeping up with tra" c, staying in your lane, and using your turn signals - when you come across that person. Edging their car into the next lane. Slowing down when there's wide-open road ahead of them. This person makes you nervous. They're not predictable. You ask yourself, "What is this idiot doing?" but you already know the answer.

They're distracted. And while they might be putting on makeup, lddling with the radio, or trying to eat a burrito, we know what's most likely: they're texting. Who could feel safe driving near someone like that? Not knowing whether they'll keep up their speed. Wondering if they'll stay in their lane. Questioning if they have any idea what they're doing.

DON'T LET YOURSELF BE THAT DRIVER.

EXPERIENCE IS LIKE SNAIL MAIL: IT TAKES A WHILE

In our digital age, we're used to getting stuff right away. Streaming movies, one-button shopping, same-day delivery - but experience doesn't accumulate instantaneously. Driving is like any other skill: it takes thousands of practice hours. So err on the side of safety and keep your full attention on the road in front of you.

DRIVING DROWSY - THINK AGAIN (It's a Serious problem)

It's late. You're driving home and find yourself blinking a lot. Yawning a little. Did you just miss your exit? You must be tired, but it's okay, right? Wrong. Hate to break it to you, but if you're anything like the person just described, you need to get more sleep. Teens need nine to ten hours of sleep every night. If you're tired, stay where you are or call someone to pick you up.

HERE'S THE ANATOMY OF A CRASH:

- Driver sees a hazard.
- Identifies as Dangerous.
- Driver scans his or her memory to figure out what to do.
- Makes a decision to take action
Driver acts to avoid the crash
- Crash is averted. Or not.

PART III : COMMUNITY SERVICE ACTIVITIES

CREATIVE OPPORTUNITIES THAT KEEP THE SAFE DRIVING MESSAGE ALIVE

And It's great for you college application, too!
(You can even start an In One Instant Club)

Do you need more community service hours? Why not lead the charge against distracted and reckless driving? Get your friends, create a club (check out the "Go Clubbing" section for more information), or do these activities on your own.

We've listed our suggested activities below for you or your friends along with the number of hours we think your community service liaison should award upon completion. Should your efforts go above and beyond the hours allotted, please speak to the community service liaison at your school. Empower your community to affect societal change today!

Choose from the projects below and send us what you create!
Visit (www.inoneinstant.org/submit-my-project) or more information. If you have any new ideas for projects, please talk to your community service liaison.

CREATE A PLEDGE BANNER

1 Hours

Create a banner with a bold safe-driving message designed by you and your friends! Make a commitment to smart choices by signing your name alongside your peers. Grab a bunch of colored markers and some butcher paper (enough room for all students to sign). Put the banner in a high-traffic area and hang the markers around it. Create a campaign and announce it over the loud speaker. Encourage everyone who passes it to declare their dedication to safe driving by signing their name. After everyone has signed it, take a picture with you and all your friends around it, show your community service liaison to get your hours - and don't forget to send it to us! You might want to think about sending the picture to your local newspaper or school paper!

SPREAD THE "VOW TO LIVE PLEDGE"

1 Hours

Take the pledge, get involved, and save a life. You and your friends should sign the pledge: (<http://inoneinstant.org/pledge>) and post it on all of your social media sites, including Facebook and Twitter!

MAKE A REACTION VIDEO

1 Hours

Record your reaction after experiencing the In One Instant video program! Do it in pairs or by yourself (if you have a smartphone with a front-facing camera). The person on-screen should state their answers in complete sentences. Make sure to shoot these videos in an area with no audio interference. Here's the question you should answer: "What was the most impactful part of the video program and how will it change your behavior?" Share it with your friends on social media!

CREATE A SLOGAN

1 Hours

You know that really clever slogan AT&T made, "It Can Wait"? We want you to give them a run for their money. If you create a unique safe driving slogan that feels fresh, compelling, and insightful - bring it to your community service liaison for an hour of community service!

DESIGN A POSTER

2 Hours

Here's one for the visual artists. Create a promotional poster for safe driving. You can put this on your classroom door or on the walls of the school! Share it with your school and community to earn two hours of community service! Don't forget to send it to us and we'll post it on our social media!

WRITE AND PUBLISH

3 Hours

Calling all student journalists! Write an article related to distracted, impaired, or reckless driving and publish it in the school or local paper (even if it's a letter to the editor). If you send us a link, we'll post it on our social media!

POEMS / SPOKEN WORD

3-4 Hours

There have been some fantastic poems written about distracted driving over the past few years. If you can add to the pedigree, your community service liaison will award you with three hours of community service. If you perform it live (or create a video of your performance), your community service liaison will award you four hours! Example of an excellent spoken word performance: <https://www.youtube.com/watch?v=uAL30UbIXUI>

WRITE AND PERFORM A SONG

4 Hours

Do you ever write songs? Whether it's on an acoustic guitar, keyboard - or even if you rhyme like Macklemore - perform an original song about safe driving and you'll earn four hours of community service. If you submit it to us, we'll post it on our social media and you'll be one step closer to YouTube fame! Funny example of a rap about texting: <https://www.youtube.com/watch?v=FWj42BxDXCU>

MAKE MOVIE MAGIC*

5 Hours

For the budding filmmakers: create a 30 second PSA that promotes safe driving. It can be funny or serious - as long as no one actually texts behind the wheel! It should communicate effective ways to become safer drivers.

***NOTE:** You may only use original music, songs that are in the public domain, music offered free for educational and/or nonpro!t purposes, or tunes that you've licensed. That means no Beyoncé or Jay-Z in the background - unless you can get the rights. Try: www.mobygratis.com for free music.

FILL-IN-THE-BLANK VIDEO

1 Hour

Here's a quick and easy way to get one hour of community service. Below are a number of sentences you and your friends can complete. You can record yourself (or have a friend help) as you recite a sentence you've just created in front of the camera. It's easy! But make sure not to face the sun while you're recording and don't look down to read your answers!

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What you'll need:

- A camera (it can be your phone, or a tablet, or even your computer)
- A friend (optional)
- The sentences below!

1. I don't text and drive because: _____

2. When I see my parents text and drive I say: _____

3. When I see my friends text and drive I say: _____

4. Texting and driving go together like : _____

5. Create your own: _____

2-3 WEEKS BEFORE PROGRAM

- ☐ **Identify who will lead the “Vow to Live Pledge”** (inoneinstant.org/pledge)

This can be one of your peers or yourself. The pledge remains onscreen at end of video for all to recite together.

- ☐ **Ask your teacher or administrator to give a short closing message.**

This should be a brief but heartfelt message to close the gathering, coming directly after the Vow to Live Pledge (or the optional guest speaker, if you have one). Invite a guest speaker. If time allows, invite an experienced speaker to address your group immediately following the Vow to Live Pledge. This may be a crash survivor or someone who has lost a loved one in an impaired or distracted driving crash. Other great speakers include hospital prevention coordinators and First Responders. Give them an exact length of time available for their presentation. Short and impactful works best

- ☐ **Talk to your school counselors - let them know about the program.**

Share the date and time. Ask if someone from the counseling team can be available to support your peers after the presentation, if needed

- ☐ **Following the video program:**

Whether you have ten minutes or several class periods, use the follow-up discussion questions and engaging activities we’ve provided in the Educator’s Curriculum (inoneinstant.org/pdfs/in-one-instant-educator-curriculum.pdf). It’s important for students to process what they’ve experienced.

If your School Coordinator or administrator wants to send an email to parents and guardians about the program. see the sample message at the end of this guide.

1 WEEK BEFORE PROGRAM

- ☐ **With your school coordinator, invite teachers and classes to participate in the program.**

If interested, confirm the date, time, and place of the program. Share the Program video Link and Educator’s Guide with them, to decide which discussion piece(s) to use after screening the video. Let them know to download the video first onto a computer to avoid buffering while viewing the video.

- ☐ **Make sure the classes that participate complete the ANONYMOUS pre-survey**

Do it before viewing the video program AND post-survey within 2 days after the program.

- ☐ **Make copies of the Vow to Live Pledge for whoever is leading the pledge.**

- ☐ **If you have a guest speaker, re-confirm date, time, and place with them.**

- ☐ **If using a crashed car, confirm delivery plan.**

Discuss with your School Coordinator or appropriate administrator when to schedule the car to arrive. Allow time to decorate the site, if you choose, and to tape it off. Ideal delivery times are after school on the day before the program, or no later than one hour before the program.

DAY BEFORE PROGRAM

☐ Double-check your equipment.

If interested, confirm the date, time, and place of the program. Share the Program video Link and Educator's Guide with them, to decide which discussion piece(s) to use after screening the video. Let them know to download the video first onto a computer to avoid buffering while viewing the video.

☐ Check in with the participating teacher(s).

Remind them that it's vital to have students complete both the the ANONYMOUS pre-survey AND post-survey. Share this link with access to the pre survey and post survey. Be sure they have the Educator's Guide and have had a chance to review it, to plan for discussion/activities with students.

DAY OF PROGRAM

☐ Before beginning the video program, dim the lights.

☐ After the video, find the one or more discussion activities you chose from the Educator's Guide to do with the involved classes.

This can take as little or as much time as you choose.

☐ As you wrap up the program:

Following the Vow to Live Pledge (noneinstant.org/pledge) (and guest speaker, if you have one), feel free to add your own brief comments. You may want to re-emphasize that the choices we make can and will save lives. Tell your peers that you have a list available of Community Service opportunities that you will be doing after the program is complete if they are interested. Share the Teen Guide. (inoneinstant.org/students/teen-guide.html)

☐ Your teacher or administrator concludes the program with a brief, heartfelt message about today's program and what it means for students.

WITHIN 2 DAYS AFTER PROGRAM

☐ Remind all who participated: Students must complete the short, ANONYMOUS post-survey. Send link. (inoneinstant.org/post-survey)

SAMPLE EMAIL TO PARENTS & GUARDIANS

(Give this to your School Coordinator)

Dear Parents & Guardians,

Did you know? Traffic crashes are the leading cause of death for teenagers.

[SCHOOL NAME] has taken the proactive step of educating students about making mature decisions about distracted, impaired, and reckless driving. We are implementing the award-winning In One Instant: Teen Safe Driving Program, which will be presented on [DATE].

In One Instant is a multimedia, peer-driven, experiential program designed to empower teens to make smart choices and save lives. The program creates shifts in mindset and behaviors around responsible driving and challenges each student to reflect on the impact their decisions have on family, friends, and the community.

You are so important to your child's experience. We encourage you to visit inoneinstant.org and click on the Parents section. You'll find steps you can take to help your teen make safe and responsible choices. Together, we can save lives and create positive change.

Sincerely,

[SCHOOL COORDINATOR OR TEACHER OR ADMINISTRATOR NAME]

[TITLE]

[SCHOOL NAME]