



## STEP 6: Download the In One Instant Video

Once you have received your In One Instant Program Package, make sure to download the Video to view at maximum quality, and especially to avoid buffering or streaming issues.

## STEP 7: Choose Your Follow-up Activities

All activities can be found in the Educator's Guide. Be sure to choose activities and have links available to utilize after the video has concluded. Below are activities that can be used during in-person or virtual sessions:

### ***Follow-up Activities***

- *Peer-driven Discussions*
- *Guest Speakers*
- *Role Play Activity*
- *Driving in Jeopardy*
- *Virtual Advocacy & Digital Projects*
- *Reading & Essaying*
- *"Vow to Live" Pledge*
- *Community Service Opportunities*
- *Mock Crashed Car \* (for in-person hosted program)*

We're looking forward to helping you in any and all ways!

**-THE IN ONE INSTANT TEAM**