

IN ONE INSTANT
AWARD-WINNING
TEEN SAFE DRIVING
PROGRAM

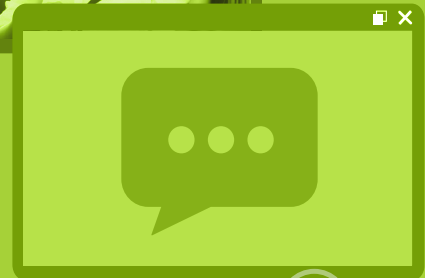


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Give Us Some Change.

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.

Here's the anatomy of a crash:

- **Driver sees a hazard.**
- **Identifies it 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.**

DO YOU REALLY WANT TO BE THAT DRIVER?

You'll be driving along at a steady speed, keeping up with traffic, 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, fiddling 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.

Tell your parents about the *In One Instant Parent's Handbook* at www.inoneinstant.org, where they can find more tips like this!

Think you can multitask better than anyone else? Play this texting and driving simulator game and see how you fare. www.itcanwaitsimulator.org

1 in 25 drivers report having fallen asleep at the wheel in 2020. (Center for Disease Control and Prevention)

Part II : Socializing

GOING OUT?

Hanging out with your friends is the cornerstone of teenage life. So, before you go out, have a plan - know exactly how you're going to get home safely.

If you're unsure about a situation, trust your gut. If you don't think your friend should be driving (despite their pleas of "I'm good to go") don't let them drive home. Take the keys away. Definitely don't get in the car with them.

Remember: if you have to ask the question, you already know the answer.

ROWDY PASSENGERS?

Living on the wild side may be great – except when you're in the car. There's no excuse for passengers to get rowdy. As a driver, be assertive. It takes a lot of concentration to drive a vehicle, so tell your friends to cool it. Remember: **your crash risk is doubled when there's just one passenger in the car. It's tripled when there's two or more.** And that's just when everyone is on good behavior. What do you think happens when passengers act like lunatics?

The quickest way to get rowdy passengers to change their behavior is to point it out and firmly ask them to stop. If you're the driver, you're in control. Be assertive and don't compromise.

Sometimes you'll be a passenger when the driver starts texting. That person could be a friend, relative, or maybe even your parent. It's unnerving to be in the car when that happens. Not knowing what to say in these situations makes it even worse, but it's important that you make your voice heard. We've provided a few suggestions teens have given us in the text box below.

Come up with more things you might want to say in this situation using classroom role-play! Ask your teacher if there's time during your next class! (Instructions are included in the In One Instant Educator's Curriculum.)

**Say it with confidence:
"Can I do that for you?"**

"I'd rather send your texts than just sit here bored."

"Hey, please stop. You're making me nervous."

"Stop texting. Do you want to get us killed?"

If you have other suggestions, let us know via email: info@inoneinstant.org

Part III : Community Service Activities



CREATIVE OPPORTUNITIES THAT KEEP THE SAFE DRIVING MESSAGE ALIVE

And it's great for your 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 Hour

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 Hour

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 Hour

*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!*

**Show us your work! Visit:
www.inoneinstant.org/submit-my-project
and fill out the form provided.**

To create lasting change, we have to look beyond our personal bubbles of family and friends; we have to look to the community at large and make safe driving a top priority. Consider approaching local hospitals, businesses and nonprofits and ask for their support (financial, publicity, or otherwise) and bring widespread change to your corner of the country.

CREATE A SLOGAN

1 Hour

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 nonprofit 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!

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: _____





Thank you for your invaluable guidance and content:

*Fineshriber Family Foundation
AT&T
State Farm
Beyoncé / Sony Music
Diane Warren/ Realsongs
Universal Music Publishing Group
Warner-Chappell Music
Fox Music, Inc.
Philadelphia Children's Hospital*

*The Digital Difference
Kevin Hurst
Primo Driving Schools Merle Price
Vicki Fox
Dr. Susan Stein
Kevin Short
Shirley Price
Community Partners*

The dedicated administrators, teachers, staff, parents, and students:

*Palisades Charter High
Culver City High
LACES
Santa Monica High
University High
Venice High*

**IN ONE INSTANT
528 PALISADES DRIVE, SUITE 502
PACIFIC PALISADES, CA 90272**

EMAIL: INFO@INONEINSTANT.ORG

***You are more than
welcome to copy and
distribute these resources
as many times as you
like as long as
In One Instant is
credited. We expressly
prohibit commercial
resale of our materials.***