

IN ONE INSTANT

Back to School SAFETY TIPS

“HEADS-UP HABITS: WALK SMART”

- **“Don’t Be That Person Walking Into Traffic.”** Put the phone down. If you’re near moving cars, stay alert—not TikTok famous for the wrong reason.

- **Don’t text while using crosswalks** - your DMs can wait.

- **Lock Eyes Before You Cross.** If the driver isn’t looking at you, assume they don’t see you.”

“DRIVING DOS & DON’TS”

- **Idc that you have Bluetooth on or you are using Siri! Your brain is still focused on the convo, not the road.**
- AirPods while driving? That’s not cool.

- Running late makes you do dumb stuff like speeding or driving tired. Set your alarm 5 minutes earlier, wake yourself up and you won’t have to risk it all for first period.”

“WHEELS IN MOTION: BIKES, BOARDS, AND SCOOTERS”

- **“Texting on two wheels? Bad math, worse outcome. Your reflexes are slower, your balance is off, and cars already don’t see cyclists enough as it is.**

- E-Scooters Aren’t Toys.
- Ride solo, stay off sidewalks, wear a helmet. Bonus: avoid viral crash clips.

“AFTER SCHOOL / PARTY TIME PROTOCOL”

- **Pre-Game the Ride Home:** Plan your way back before you go out—Uber, older sibling, whatever. Just don’t wing it after the party.
- If the car is movin’, that seat belt better be bucklin’!

- Don’t Risk It for the TikTok.
- No trend is worth a trip to the ER. Go viral for your dance moves, not your crash.”

FINAL WORD

“There’s so much to look forward to this year!

And we KNOW you’re smart and want to make good choices! These tips can be the difference between making it safely to graduation and living your amazing life story.

“Share this with the friends that need to hear this right now!

Sources: NHTSA, CDC, NSC, NTSB

To bring the In One Instant program to your school and more safety tips visit: inoneinstant.org”