



TEXT PLEDGE

RISE UP

ACTIVITY BOOK

**PLEDGE TO STOP
DISTRACTED DRIVING**

GRADES 7-8



NAME: _____



TEXT PLEDGE IS A NONPROFIT IN GREATER GRAND RAPIDS, MI, THAT SEEKS TO CHANGE THE WORLD ONE PLEDGE AT A TIME. OUR 10 PLEDGES FOCUS ON ENDING SOME OF THE WORST SOCIAL ISSUES AFFECTING OUR COMMUNITIES, FROM DISTRACTED DRIVING TO ACTS OF VIOLENCE. EACH PLEDGE CHALLENGES MEMBERS TO PRACTICE COMPASSION, SPEAK UP WHEN THEY WITNESS INJUSTICE, AND HELP OTHERS IN TIMES OF CRISIS. TOGETHER, WE CAN MAKE THE WORLD A KINDER PLACE.



www.textpledge.us



A Message From Our Founder

Greetings friends,

We are here to raise awareness of distracted driving. Distracted driving is not safe and causes thousands of accidents every year. You are likely approaching the legal age to obtain a driver's permit or license. Both drivers and passengers play an important role to keep everyone in the car safe and pay attention to the road ahead. In this lesson we will identify things that might distract drivers. Remember to put those cell phones away and remind your friends to do the same. You could be saving someone's life!. Let's all work together to keep driving as safe as possible.

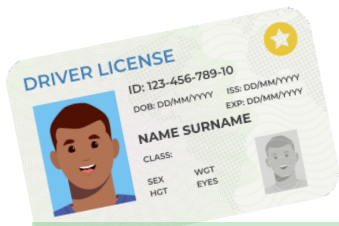
Crisis lines are always available at [TextPledge.us](https://www.textpledge.us)

Happy Learning!



Ms. Naomi
Founder at the TextPledge Project





DRIVER'S PERMIT

Driver's permit is a special, provisional license that allows teenagers to begin learning how to drive legally in the USA before getting a full driver's license.

Key points

- Typically available to teenagers around the age of 16.
- Allow teenagers to drive with adult supervision.
- Its the first step towards obtaining a full drivers license.
- You need to complete a driver's education program.



List the steps to obtain a driver's permit in your state...

Obtaining a driver's permit is a significant responsibility. It requires you to take driving education seriously, follow the rules of the road, and make safe decisions. Also with this, now you know in the future how you can apply to the driver permit



Drive Without Distractions

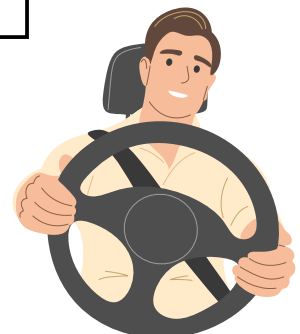
Word Search

Have you thought about distractions or hazards while driving? Find and highlight the words in this activity. Do you know what they might be? Have you seen them before?

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | E | S | L | E | I | A | L | C | O | H | O | L | G |
| D | A | S | D | I | K | S | H | I | U | E | T | H | N |
| S | O | K | S | K | O | A | I | E | L | L | P | O | I |
| E | D | H | E | A | D | P | H | O | N | E | S | W | K |
| N | K | N | P | U | E | O | T | T | G | D | N | U | R |
| O | N | S | G | C | P | R | K | A | N | R | H | N | O |
| H | U | E | E | N | G | E | N | O | I | O | H | K | W |
| P | E | T | P | S | I | O | I | R | T | W | O | A | O |
| L | U | U | C | E | U | I | K | P | A | S | P | R | K |
| L | G | P | A | L | T | D | D | S | E | I | N | O | O |
| E | I | S | L | E | T | A | L | K | I | N | G | U | K |
| C | T | I | U | P | N | R | S | I | I | E | P | H | G |
| M | A | D | K | O | A | N | O | N | O | S | P | G | A |
| M | F | O | N | L | O | E | P | T | S | S | R | G | A |

Alcohol
Cellphone
Kids
Dispute
Eating
Fatigue
Gps
Makeup
Pet
Radio
Talking
Working
Headphones
Drowsiness

Driving without distractions is essential because road safety and accident prevention largely depends on the driver's concentration and attention. It's crucial to avoid engaging in hazardous actions when driving.



ROAD ACCIDENT STATISTICS

Use the number bank below to complete each statistic.

- In 2021, _____ Americans were killed by distracted driving.
- A driver takes an average of _____ seconds to take their eyes off the road to read or send a text.
- An average distance of _____ football field is traveled for every 5 seconds while texting and driving at 55MPH.
- Distracted driving incidents increased _____% between 2019 and 2022.

Number bank

5 3,522 13 1

Seeing these statistics informs us of the number of accidents that occur due to being distracted or taking inappropriate actions, which is why we must be aware and drive safely.

WHAT AM I?

Can you solve these riddles related to distracted driving?

I'm a choice you should never make,
After too many drinks, it's a big
mistake.

On the road, you'll swerve and weave,
What am I, when you've had too much
not to achieve?

Answer:

Driving under the influence of alcohol

I'm a distraction that's best left behind,
In the car, I'm not the friend you should
find. Texting and using me while on the
move, Can lead to danger you want to
disprove.

Answer:

I'm something in the car you should
always wear,
In an accident, I'll provide extra care.
What am I?

Answer:

I'm a state of mind when driving's in
view,
No distractions allowed, just me and
the road.

Answer:

I'm compact, with tools and aid,
In emergencies, I'm not to be delayed.
What am I?

Answer:

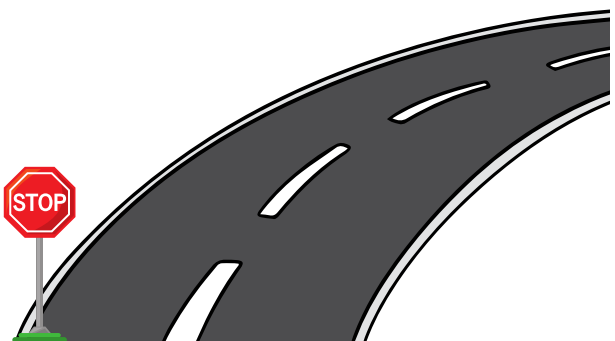
I'm a tune you love, in your car, I'm often
found,
But cranking me up when driving isn't
safe and sound.

What am I?

Answer:



It is important to recognize elements, signs and attitudes that help us be aware and prevent accidents.



KNOW THE SIGN

Traffic signs create a **safer driving environment** and ensure all road users are informed of the rules of the road.

Do you know the meaning behind these traffic signs? Draw the signs below.

Speed Limit

Stop

No parking



Slippery road

Speed Bump

Parking lot

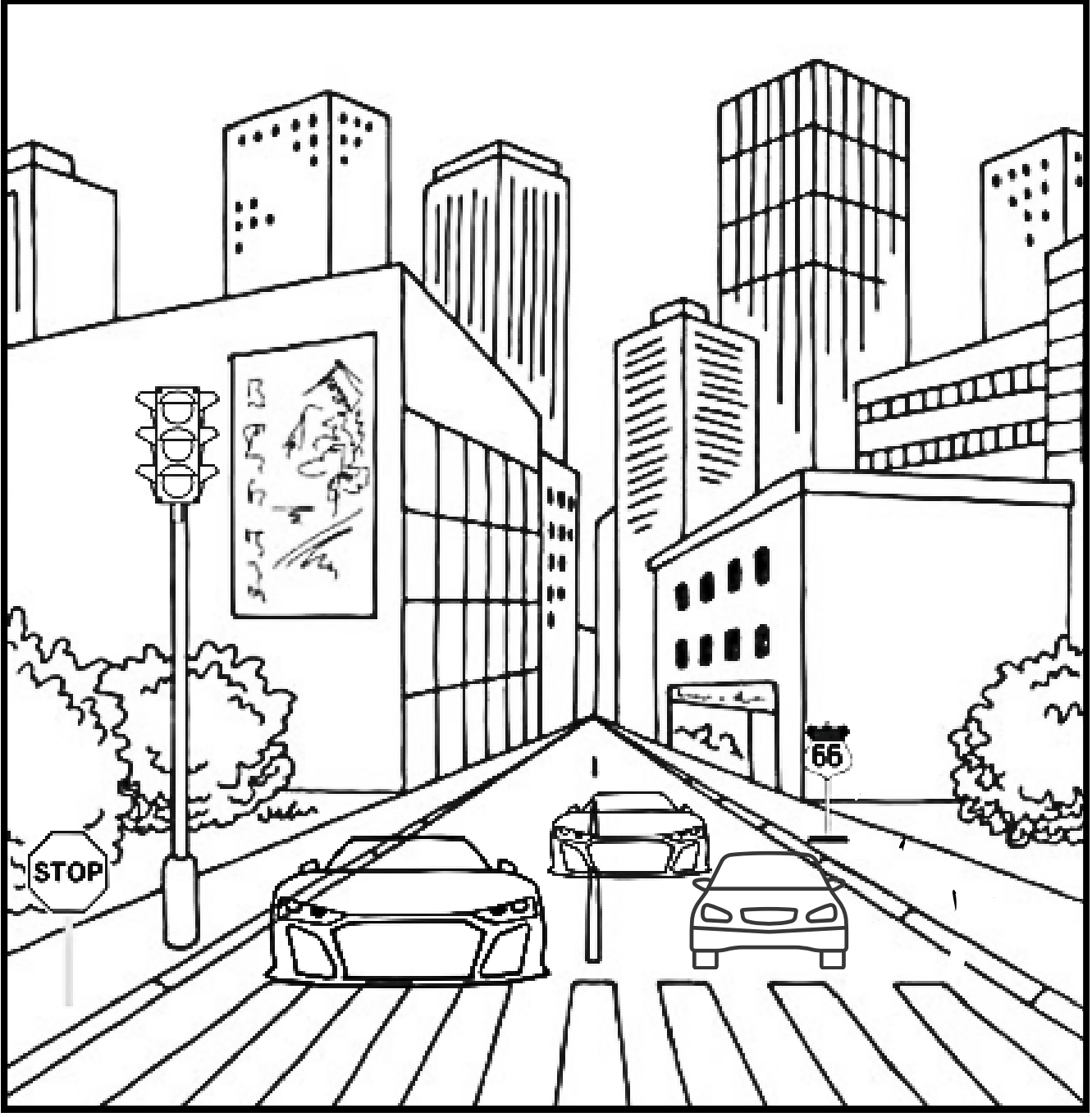
Pedestrian
crossing

School ahead

Two way traffic

Driving in Color

Color the illustration below.



OTHER TYPES OF VEHICLES

Cars aren't the only way to get around. We have various options for ground transportation. These alternatives include bicycles, scooters, motorcycles and mopeds. Match the image of the vehicle to its description.



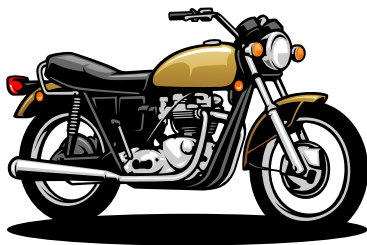
It's a small, lightweight vehicle with an electric motor.



This vehicle typically has a larger engine and can reach high speeds, often used for long-distance travel



Include a pedal-assist feature, where riders can use pedals to provide additional power, extending their range and offering exercise benefits

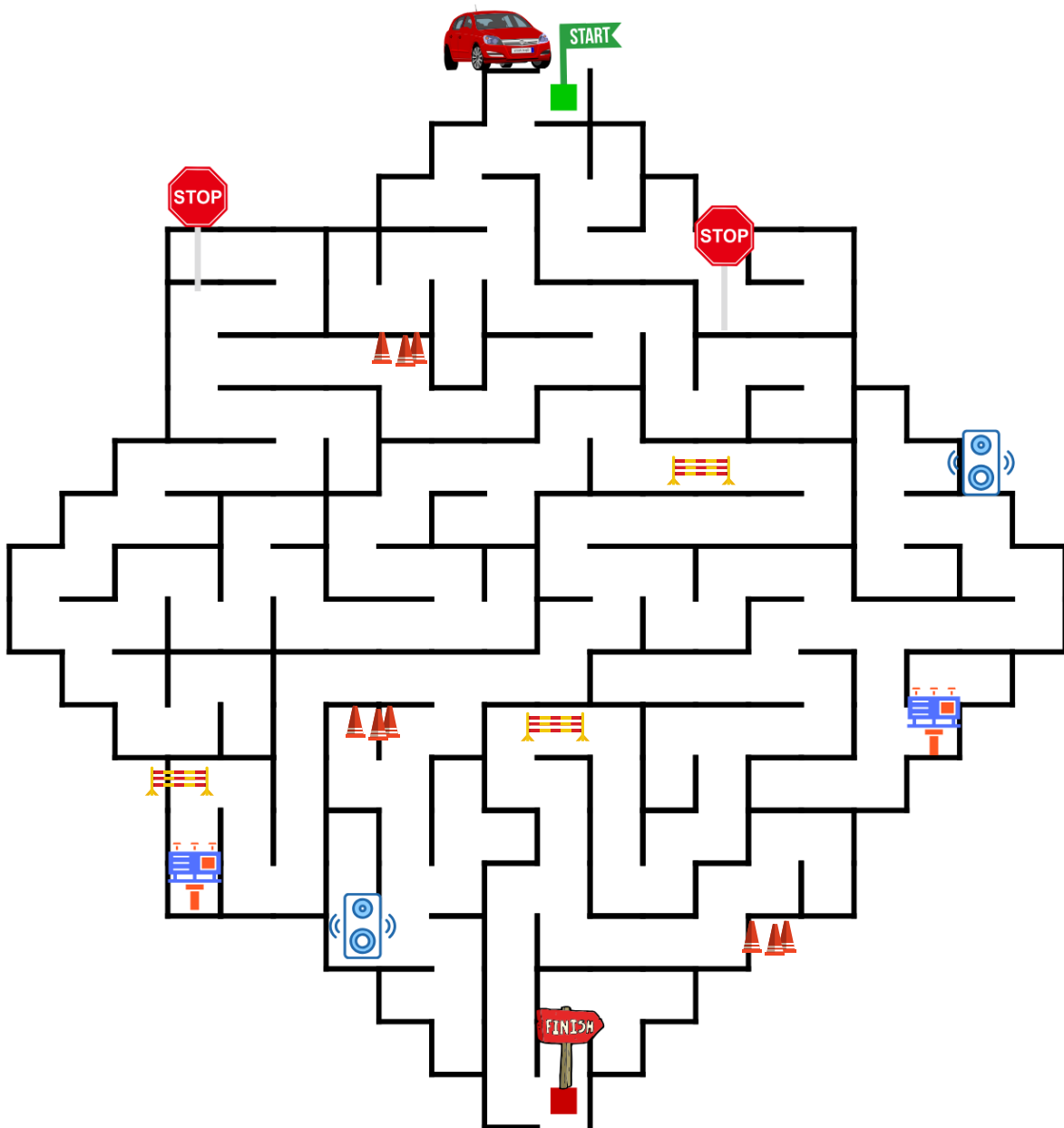


Produce zero emissions and are a sustainable and eco-friendly mode of transportation

Remember, no matter what type of vehicle you are using, **you must still be responsible and respect traffic signs and rules.**

Distraction Free- Drive

Try to go through the maze without distractions, remember, the line shouldn't touch any obstacles on the way.



MAKE YOUR OWN ROAD SAFETY KIT!

Are you prepared in case of a roadside emergency? Conduct some internet research to determine what items you should have in our emergency kit. List at least items below.

Bonus:

When you get home, check your family vehicle. Do you have these items?

Congratulations!

You have completed the activity book. Taking this pledge is just one symbol of your commitment to make the world a kinder place.

What happens next?

Students can continue to make a difference through the following actions:

- Reflect and practice self-awareness.
- Speak up and confront social issues and injustices.
- Know where to find resources and support.



**Complete our survey for a chance to win
Text Pledge swag!**

Share your thoughts about our activities! We want to know how to make them better.



TEXT PLEDGE

RISE UP

Commit to all ten pledges

1

**STOP DISTRACTED
DRIVING**

6

**STOP DOMESTIC
VIOLENCE AND ASSAULT**

2

**END
DISCRIMINATION**

7

**END DRIVING UNDER
THE INFLUENCE**

3

**END ACTS
OF VIOLENCE**

8

**STOP HUMAN
TRAFFICKING**

4

**PREVENT BULLYIN AND
CYBER BULLYING**

9

**PROTECT ANIMAL
RIGHTS**

5

**RAISE MENTAL HEALTH
AWARENESS**

10

**PROTECT THE
ENVIRONMENT**

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