



**TEXT PLEDGE**

RISE UP

# ACTIVITY BOOK

**PLEDGE TO STOP**  
**Driving Distracted &**  
**Driving Under the Influence**

**GRADES 9-12**



**NAME:** \_\_\_\_\_

[www.textpledge.us](http://www.textpledge.us)

# ABOUT TEXT PLEDGE



Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our 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, and speak up when they witness injustice. We encourage you to help others in times of crisis. Together, we can make the world a kinder place.

Our pledge program includes the following elements available on our website [www.textpledge.us](http://www.textpledge.us) and the Text Pledge App available on iOS/Google Play.

## NATIONAL SMART CARD

EMERGENCY HOTLINES  
AND RESOURCES



FREE  
DOWNLOAD

## NATIONAL STATISTICS

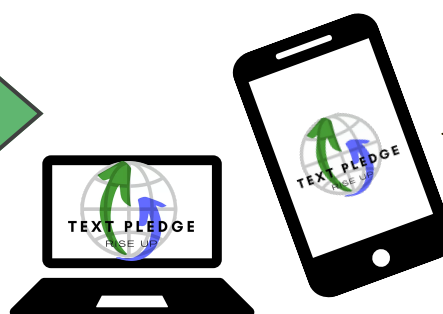
UPDATED MONTHLY  
TO REFLECT THE IMPACT OF  
EACH PLEDGE TOPIC IN OUR  
WORLD



VISIT OUR  
WEBSITE

## EDUCATION PROGRAMS

ACTIVITY BOOKS  
FOR AGES KINDERGARTEN  
THROUGH GRADE TWELVE.  
AVAILABLE ON THE TEXT PLEDGE  
WEBSITE AND THE MOBILE APP.



DOWNLOAD  
OUR  
MOBILE APP

[WWW.TEXTPLEDGE.US](http://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



# 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.



Imminent Emergency, Health Crisis, Car Accident call or text 911



# UNCOVER THE FACTS



Lets uncover some facts about teen driving and distracted driving. Select **true** or **false** in response to each of the statements below.

|   | TRUE                     | FALSE                    |
|---|--------------------------|--------------------------|
| Motor vehicle laws vary from state to state.  | <input type="checkbox"/> | <input type="checkbox"/> |
| Engaging in a phone conversation while driving using a hands-free device will not impact a driver's reaction time.                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| More than half of teens that died in car accidents in 2021 were not wearing a seatbelt.   | <input type="checkbox"/> | <input type="checkbox"/> |
| Checking social media quickly at a red traffic light is a safe way to manage smartphone distractions.   | <input type="checkbox"/> | <input type="checkbox"/> |
| Teen drivers are 2.5x more likely to engage in risky behaviors while driving when there is another teen passenger in the vehicle.                       | <input type="checkbox"/> | <input type="checkbox"/> |
| There are legal consequences for texting while driving. Consequences include traffic tickets, fines, loss of driving license/permit and even jail time. | <input type="checkbox"/> | <input type="checkbox"/> |
| Data shows 19% of 15- to 18-year-old passenger vehicle drivers involved in fatal crashes in 2021 had been drinking.                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Distracted driving primarily affects younger drivers.   | <input type="checkbox"/> | <input type="checkbox"/> |

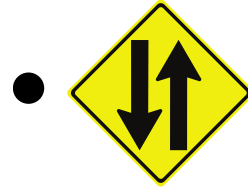


Imminent Emergency, Health Crisis, Car Accident call or text 911

# READY TO HIT THE ROAD?

Do you pay attention to signage on the road? Do you know what the each signs mean? Draw a line to match each sign to it's meaning.

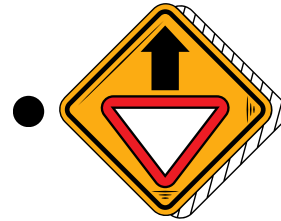
● Yield Ahead



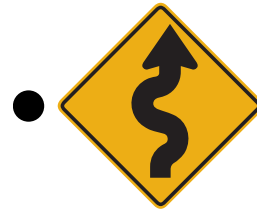
● Winding Road Ahead



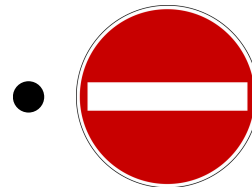
● Merging Traffic



● Do Not Enter



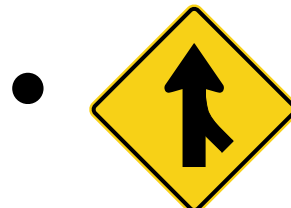
● Slippery when wet



● Two way traffic



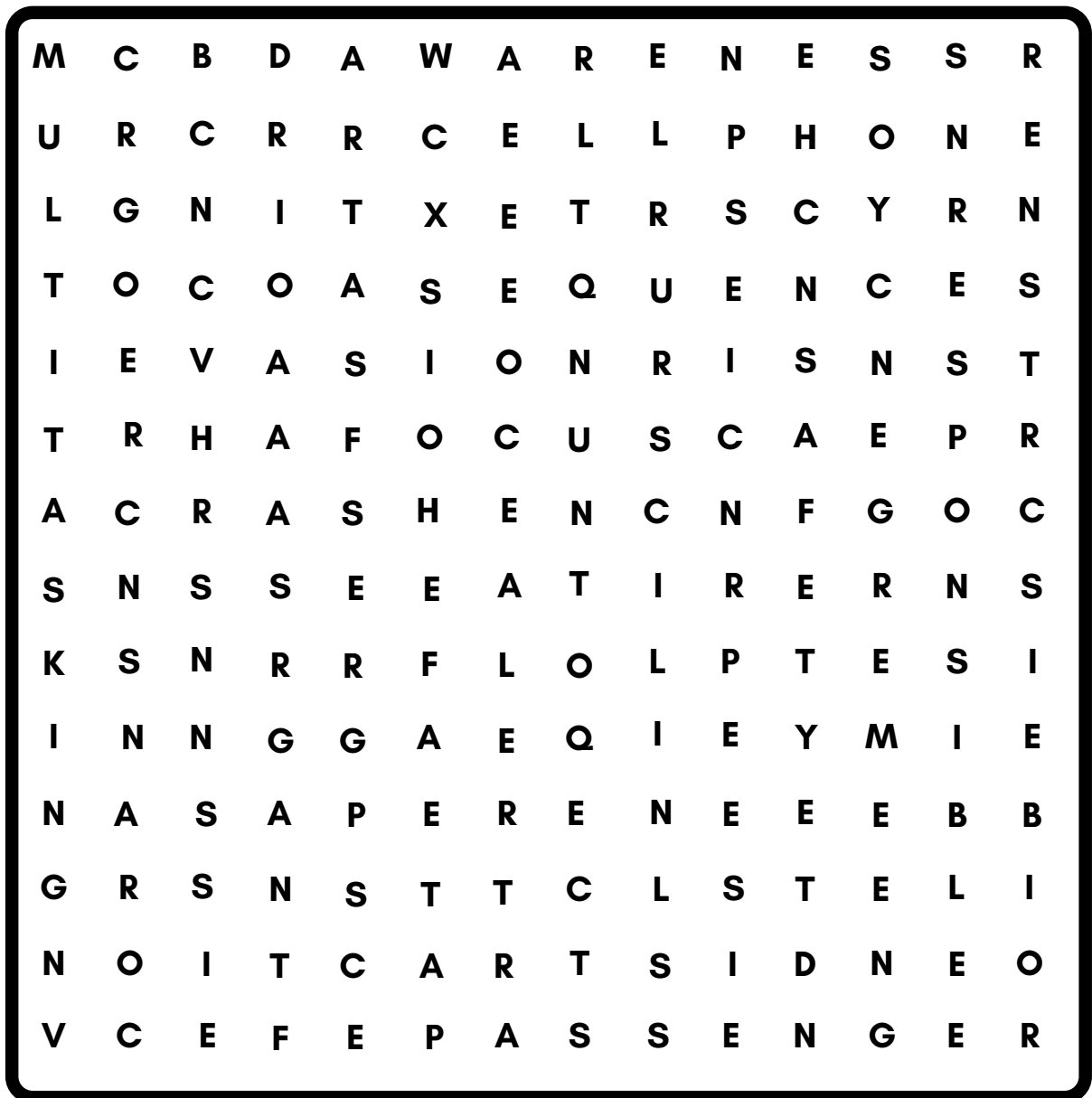
● Pedestrian Crossing Road



# WORD SEARCH CHALLENGE

## ROAD SAFETY AND DISTRACTED DRIVING

Can you find the words hidden in the puzzle?



Multitasking  
Awareness  
Cellphone  
Passenger  
Crash

Responsible  
Consequences  
Distraction  
Safety  
GPS

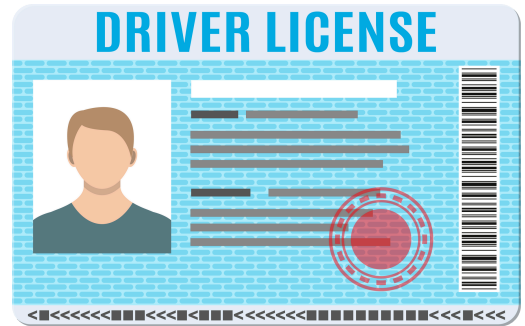
Focus  
Evasion  
Texting  
Emergency  
Alert

# RULES OF THE ROAD

Do you know your state's driving laws?

## INSTRUCTIONS:

Research your state's driving regulations, answer specific questions, and provide source citations to gain a deeper understanding of local road safety rules.



## ANSWER THE QUESTIONS BELOW.

1. What age must you be to obtain a driving permit in your state?

---

2. What age must you be to possess a license in your state?

---

3. What are the qualifications to obtain a driver's license in your state?

---

4. Where would you go to obtain your driver's license? What is the address?

---

5. In your state, what is the legal blood alcohol limit (BAC) when operating a vehicle?

---

## SOURCE CITATIONS

# ASSESSING THE SITUATION

## INSTRUCTIONS:

Our lives are so busy that we may not realize our behaviors can be distracting and potentially dangerous.

Have you observed any of these behaviors from any person driving in a vehicle?

Take a look at the behaviors listed below. Place a **checkmark** next to the behavior if you have seen drivers engage with that behavior. **Circle** the behavior if you have engaged in the behavior while driving.



1. Texting
2. Talking on the phone
3. Reading
4. Watching a video
5. Reaching into the back seat
6. Fixing hair/makeup
7. Changing GPS destination
8. Eating/Drinking

9. Adjusting radio
10. Daydreaming
11. Conversations with passengers
12. Using in-car entertainment
13. Smoking/vaping
14. Rubbernecking
15. Fiddling with climate controls



# Calculate Your Speed



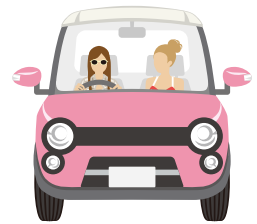
## INSTRUCTIONS:

While on the road it is very important to pay attention to the speed limit. The speed limit here is 55 mph.

Complete the math problem to calculate the speed of each vehicle. Identify and circle the cars that are driving over the speed limit.

### Question 1:

A car travels 75 miles in 1.5 hours. Calculate the speed of the car in miles per hour.



### Question 2:

A car takes 3 hours to cover a distance of 165 miles. Determine the speed of the car in miles per hour.

### Question 3:

A Car goes 110 miles in 2 hours. Find the speed of the car in miles per hour. Is the car over the 55 mph speed limit?



### Question 4:

A car travels 165 miles in 3.5 hours. Calculate the speed of the car in miles per hour.

### Question 5:

A car covers 88 miles in 1.25 hours. Determine the speed of the car in miles per hour.



# WHAT ARE THOSE?

Drugs and alcohol can cause impaired driving.  
Can you decode the anagrams below to decode some of the most commonly abused substances?

1

collaho

\_\_alcohol\_\_

Colorless volatile flammable liquid that is produced through the fermentation of sugars. Used in wine, beer, spirits, and is also used as an industrial solvent and as fuel.

2

anniabcs

\_\_\_\_\_

Greenish-gray mixture of dried, shredded leaves, stems, seeds, and/or flowers; resin (hashish) or sticky, black liquid (hash oil)

3

nbozse

\_\_\_\_\_

Medications that slow brain activity, which makes them useful for treating anxiety and sleep problems.

4

aceconi

\_\_\_\_\_

A powerfully addictive stimulant drug made from the leaves of the coca plant native to South America. Common forms include white powder or rock crystal.

5

ashlintan

\_\_\_\_\_

Found in various household products including Paint thinners or removers, gasoline, lighter fluids, permanent markers, glue...etc.

FOR MORE INFORMATION ON DRUGS AND ALCOHOL VISIT THE NATIONAL  
INSTITUTE ON DRUG ABUSE.  
[WWW.NIDA.NIG.GOV](http://WWW.NIDA.NIG.GOV)



Drug and Alcohol Abuse Hotline 1-800-622-HELP



# SHORT TERM EFFECTS

Match the commonly abused drug to its corresponding short-term effects.

**1** marijuana (cannabis)

- Impaired judgment and coordination
- Slurred speech
- Nausea and vomiting
- Memory blackouts

**2** heroine

- Euphoria
- Altered sense of time
- Bloodshot eyes
- Increased heart rate

**3** alcohol

- Intense euphoria
- Increased energy and alertness
- Constricted blood vessels
- Dilated pupils

**4** cocaine

- Increased wakefulness and physical activity
- Decreased appetite
- Rapid heart rate
- Agitation and irritability

**5** methamphetamine

- Rush of euphoria
- Warm flushing of the skin
- Heavy feeling in the arms and legs
- Clouded mental functioning



Drug and Alcohol Abuse Hotline 1-800-622-HELP



# 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.

# Looking for Answers?



**Scan this code to view the  
answer key for this activity book**



## TEXT PLEDGE

RISE UP

Commit to all ten pledges

**1**

STOP DISTRACTED  
DRIVING

**2**

END  
DISCRIMINATION

**3**

END ACTS  
OF VIOLENCE

**4**

PREVENT BULLYING AND  
CYBER BULLYING

**5**

RAISE MENTAL HEALTH  
AWARENESS

**6**

STOP DOMESTIC  
VIOLENCE AND ASSAULT

**7**

END DRIVING UNDER  
THE INFLUENCE

**8**

STOP HUMAN  
TRAFFICKING

**9**

PROTECT ANIMAL  
RIGHTS

**10**

PROTECT THE  
ENVIRONMENT

[www.textpledge.us](http://www.textpledge.us)

Copyright © 2024 Text Pledge