



**TEXT PLEDGE**

RISE UP

# ACTIVITY BOOK

**PLEDGE TO STOP  
DISTRACTED DRIVING**  
GRADES 7-8



**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



DOWNLOAD  
TODAY!

## 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 BOTH WEBSITE  
AND THE 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.*

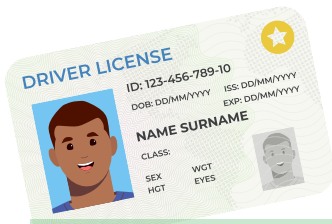
***Crisis lines are always available at [TextPledge.us](https://www.textpledge.us)***

*Happy Learning!*



**Ms. Naomi**  
Founder at the TextPledge Project





# 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...**



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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

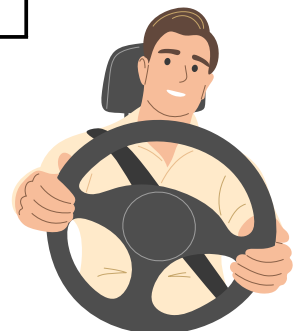
## Word Search

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.



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

# 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**

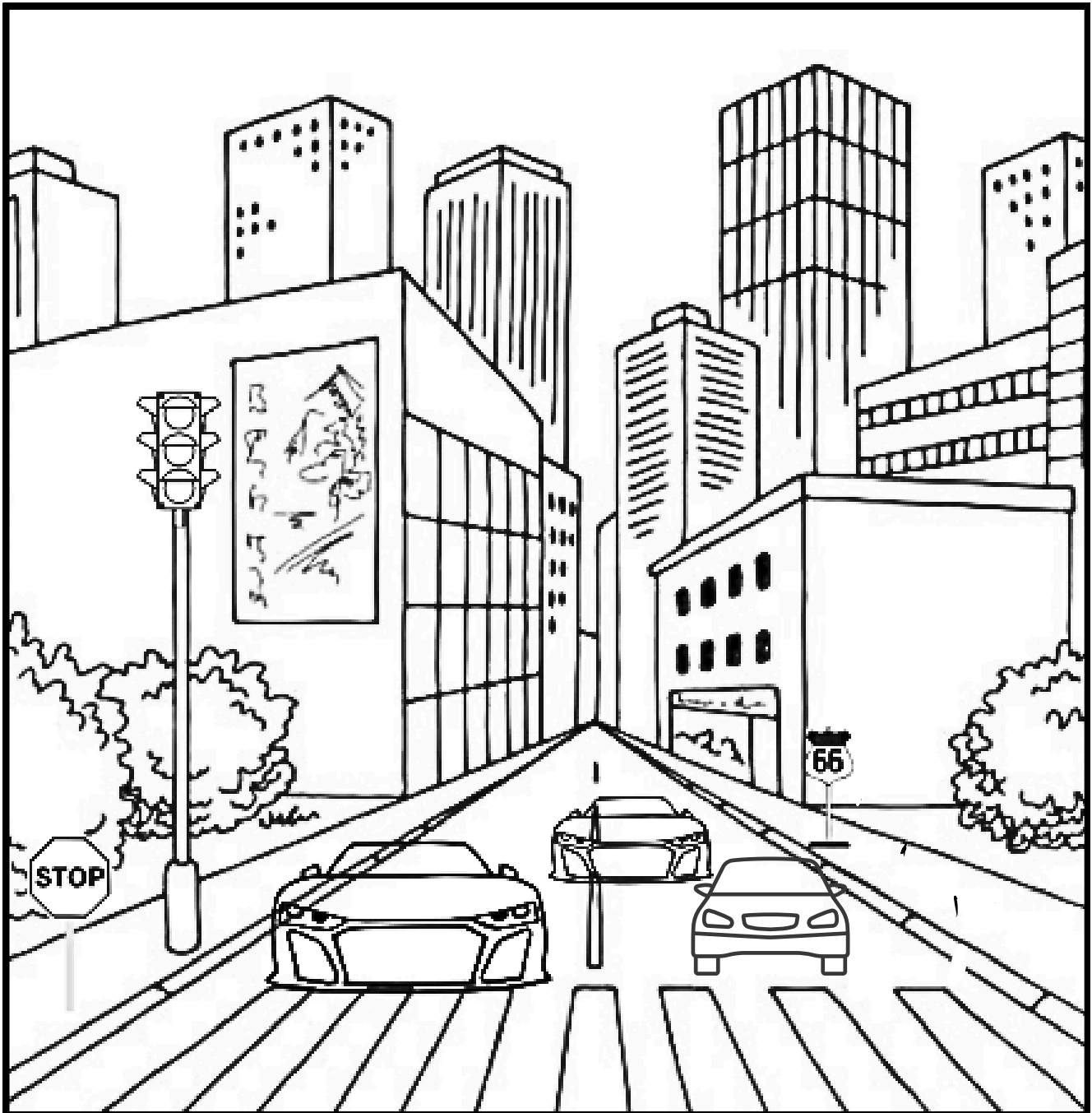
**School ahead**

**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.



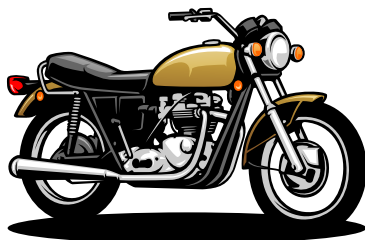
It's a small, lightweight vehicle with an electric motor.



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

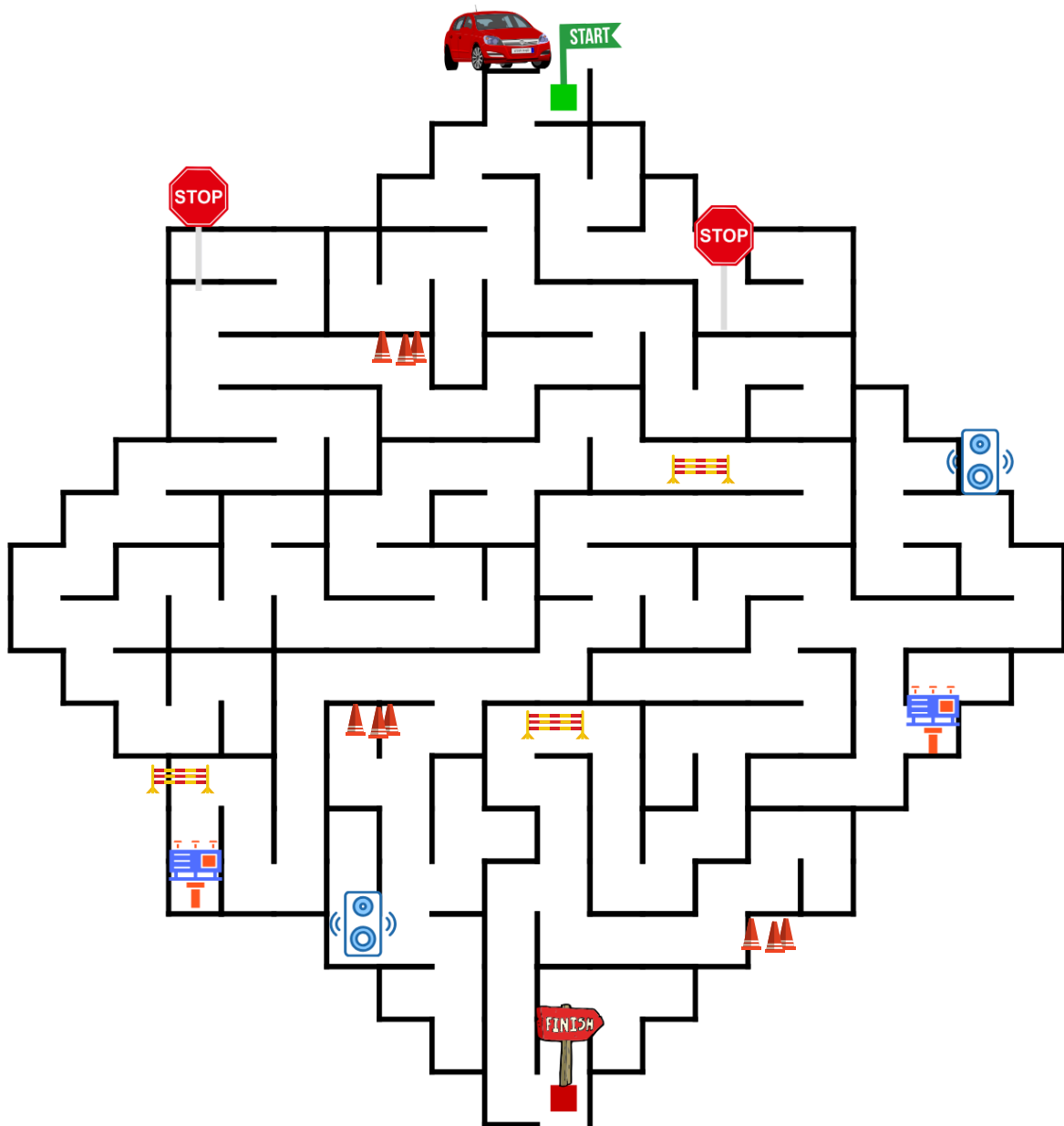


Produce zero emissions and are a sustainable and eco-friendly mode of transportation

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

# Distraction Free Driving

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



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

# 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.

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**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.

# 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

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