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**What is it?** Breakfast Roll Call is an opportunity to build relationships with local law enforcement and emergency services.

What is the Purpose? You and your chapter members attend a "roll call" of local law enforcement (and/or emergency services) to thank them for their service to your community and their role in youth traffic safety. Provide local law enforcement with cinnamon rolls or other breakfast items as a sign of appreciation.

#### How to do it:

- ▶ Contact your local law enforcement agency to see if it is OK for you to come with your chapter members and/or a group of students to one of their roll calls. What is a roll call? It is when all the officers are working on the next shift meet to talk about important information.
- Ask your contact at the local law enforcement the best time for you to come and ask them to keep your plan a surprise.
- Ask for donations to supply the cinnamon rolls or breakfast items—for example, local bakeries, grocery stores, or markets.
- ▶ Get a group together and go to the roll call. Bring the cinnamon rolls with you to the meeting. You can also include a handwritten note to thank them.
- ▶ Go to the roll call and let the officers know how much you appreciate them and support their efforts to enforce youth traffic safety laws. They will be surprised!
- ▶ Please keep your message short and sincere and give them your treat.
- ▶ You may want to go to more than one law enforcement agency.

**Media/Promotion**: This a great project to put in the newspaper during a recognized traffic safety month or National Law Enforcement Appreciation Day. Highlight the fact that local law enforcement plays a significant role in preventing teen crashes, and do not forget to get a great picture to put with any media posts.

**Working with others**: See if a local grocery store or bakery will donate snacks to show their appreciation. Make sure to recognize any sponsor that donates. A thank you card or announcement from your mayor would be a great idea also!



# **POST IT!**

**What is it?** Put Post It notes up throughout the school to make students aware of your traffic safety efforts.

What is the purpose? To remind people to take teen traffic safety (texting and driving, tired driving, passenger distractions, driving under the influence, speeding, not using a seat buckle, etc.) seriously.

## What do we need?

- Catchy teen traffic safety phrases.
- ▶ Identify creative places to place the Post It notes (bathroom mirrors, lockers, desks, chalkboards, etc.).
- ▶ Sharpies and Post It notes in a variety of colors.

### How to do it:

- Seek permission from school administration to post the Post Its.
- ▶ Brainstorm a list of fun and unique phrases.
- ▶ Brainstorm a list of creative places to put Post It notes identify locations that will reach a large number and variety of the student body.
- ▶ Place the Post It notes all over the school one day.



What is it? Create your version of a "Top Ten List" that includes the top ten reasons high school students do or do not wear their seat belts.

**What is the purpose?** People learn a lot while they are laughing. You can use humor to challenge the reasons people do not wear seat belts.

#### What do we need?

- Creativity
- Sense of humor
- Posterboard and markers

#### How to do it

- ▶ Think of a catchy title for your top ten list.
- ▶ Design a Top 10 list or (or even Top 10 Meme or social media post) to include all ten or one for each.
- ▶ Brainstorm the top ten.
- ▶ Publicize the top ten lists. Include in your schools' announcements, publish it in the school newspaper, make flyers or posters, put them up around the school or on your school's and/or peer leadership group's social media.



**What is it?** Conduct a survey to learn how students feel about seatbelts, why they wear them, do not wear them, and how often they wear them.

**What is the purpose?** It is essential to understand the reasons why some people wear seat belts and others done. You may be surprised by people's reasoning and thoughts. After you know how other teens think about seat belt use, you can create messages to help get more teens to buckle up every time they are in the car.

#### What do we need?

- ▶ Interview questions (use the survey on the next page or make up your own)
- Something to write with
- People to interview
- Include the school staff. Make it a challenge for staff versus students!

#### How to do it:

- ▶ Decide what questions you want to ask. Look at the items below for ideas.
- ▶ Decide if you want to ask the questions or let students fill out a questionnaire.
- ▶ Pick a place and time to do the survey. Think about where students will have time to answer questions.
- ▶ Go out and do the survey.
- ▶ Look at the completed surveys and analyze the answers to each question. What do the answers tell you? Are there common ideas shared by many students? What patterns do you see?

# How can you use this information to increase seatbelt use?

- ▶ Create a "Top Ten List"
- Write an article for the school or community newspaper.
- Create messages to read during daily announcements.



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SAMPLE SEAT BELT SURVEY				

1. How often do you wear your seat belt? (circle one) Always Usually Sometimes Never 2. What is the main reason you do NOT wear a seat belt? 3. What is the main reason you DO wear a seat belt? 4. What would make you start wearing your seat belt every time you drove or rode in a car? 5. When you are driving, how often do you encourage passengers to buckle up?



**What is it?** - A collaborative texting and school announcement campaign between peer leaders and school administration reminding students to be safe.

What is the purpose? Create a text messaging campaign for school administration to send teen driving safety messages either on a Friday and Saturday night during May or other prevalent teen traffic crash times – Friday Night Lights, homecoming, prom, etc. **Safety Tip:** Do not send text around driving times, so they are not distracted by the text message.

## How to do it

- As a group, create text messages and school announcements to be sent or announced by your school administration.
- Get creative in your messaging but remain positive. Here are some examples:
  - o Be smart tonight and arrive alive.
  - o Drive smart—drive Safe.
  - o Keep your eyes on the road and other drivers.
  - o Graduation's coming. Drive safely tonight!
- ▶ Provide text messages to the administration to send using the All-School messaging alert programs around the time you would like them sent.
- ▶ Provide the school announcements to the administration for them to review. Ask if one of the peer leaders can make the announcement when you want them announced. If possible, ask coaches or activity directors to send out the message using their school-wide communication system.
- ▶ Work with the administration to create a letter that will explain the campaign and why it is crucial.

**Working with others:** The most significant part of this project is creativity. Engage teachers, administration, local law enforcement, friends, and other adults for ideas about what to include in your text messages.



What is it? A contest to increase awareness of drowsy driving.

**What is the purpose?** Sponsor an exciting poster or social media post/meme contest on the topics of preventing drowsy driving.

#### How to do it

- Create a fact sheet about drowsy driving that includes stats and information.
- ▶ Pass out the fact sheet to students at your school and explain to them the importance of driving when you are well-rested.
- ► Find a sponsor for your project and ask them to provide a prize for your contest. Maybe talk with a local insurance company, hospital, etc.
- ▶ Make some rules for your contest. Suggestions:
  - The poster or meme should have a message related to preventing drowsy driving.
  - o Includes some valid statistics, if appropriate.
  - o Encourage them to create a catchy slogan or title.
  - o Use graphics well.
  - o Be creative!
- ▶ Set a deadline to submit posters and/or social media posts.
- Once students hand in posters, gather a panel of judges to help decide the contest winner. Post the winner's sign around the school and deliver their prize. As the school post, the winner's social media post to their school's social media.

**Media/Promotion:** Cut large Zs out of construction paper and write the details of your project on them. Pass out the Zs at lunch or in the parking lot after school. Ask to promote the challenge in your school's daily announcements or place flyers throughout the school.

**Working Together:** Ask art and computer teachers if they would consider giving this project an assignment or extra credit. Diversify the panel of judges – ask law enforcement, your principal, an art teacher, community leaders, and other adults to be involved. Ask your town's mayor if the posters can be displayed throughout the community or posted on the city's social media.



**What is it?** Announcement activity about teen traffic safety read during school announcements. Announcements can help keep the whole school up to date on the activities you plan and bring awareness to traffic safety awareness events or months.

**What is the purpose?** The purpose is to promote your activities and increase both awareness of the issue and student participation.

## What do we need?

- Permission from school administration
- ▶ Prepare messages to be announced.
- Create video PSAs to post on the school's social media platforms.

#### How to do it

- ▶ Brainstorm the messages you want to communicate.
- ▶ Determine a timeline for your announcements.
- ▶ Decide when to broadcast your PSA.



# NATIONAL YOUTH TRAFFIC SAFETY MONTH PROCLAMATIONS

What is it? Proclamations are endorsements from government officials, community leaders, law enforcement officers, and local stakeholders and encourage media coverage focused on National Youth Traffic Safety Month. Your city, county, or state can declare a proclamation.

## **Proclamation Tips**

- Contact your officials (mayor, governor, education, and health professional(s).
- ▶ Make sure you get the right name and address of where to send your proclamation request.
- Send your letter requesting a proclamation or their support for your project.
- ▶ Make a follow-up call in a week to find out if you need to give any more information.
- ▶ Always send a thank you note.
- ▶ Display your proclamation in your school.

Note: The proclamation does not have to be limited to National Youth Traffic Safety Month. Observe Any traffic safety month through a proclamation.



**WHEREAS** (your state/city/region) recognizes youth traffic safety as a vital concern for the youth of (your state/city/region); and

**WHEREAS** (your state/city/region) recognizes our youth are an asset we cannot afford to lose to needless crashes.

**WHEREAS**, each person, including parents, educators, law enforcement, elected leaders, community leaders, and youth themselves, must play a part in protecting our youth and educating them and their families about youth traffic safety.

**WHEREAS** May is an opportune time to increase awareness concerning youth traffic safety as the prom season, graduations, and summer vacation months are a time of concern.

**NOW, THEREFORE**, I (name of the governor, mayor, or elected official), (the title of) (name of your state/city/region), do hereby proclaim May, (name of your state/city/region) National Youth Traffic Safety Month and I commit this observance to the people of (your state/city/region).

Signature



**What is it?** Design and display traffic safety-related posters or around your school or community. Add an online component by creating social media posts.

**What is the purpose?** The purpose is to promote your activities, increase both awareness of the issue and student participation.

#### What do we need?

- Creativity
- Posterboard
- Markers

#### How to do it

- ▶ Research traffic safety information on the identified issues.
- Create posters to address the issue.
- Reach out to art clubs or classes for logo design or creative input.
  - ▶ Talk to the art teacher to see if this could be an assignment for class credit.
  - ▶ If doing an online component, talk to the computer teachers or any tech club to encourage participation.
- ▶ Secure permission to place posters around the school and/or community.
- ▶ If online, encourage the school to share the media post on their online platforms.
  - ▶ You could also ask for the city to post on any of their social media platforms.

Take pictures of your groups with your best posters and send them to a local newspaper.



What is it? A traffic safety awareness activity.

**What is the purpose?** Youth leaders hand out goody bags to classmates and staff to increase awareness of traffic safety issues and remind them to practice safe driving habits.

#### What do we need?

- Candy
- Bags
- Cards
- Pens
- Table and chairs
- Petty cash to make change.

#### How to do it

- ▶ Brainstorm additional ideas related to your event or theme: Halloween, Valentine's Day, Easter, or another week when a special occasion occurs.
- ▶ Determine how the money brought in by sales will be used: Chapter activities, a donation to a traffic safety cause, etc.
- Get permission to hold the bag sale.
- ▶ Develop messages related to the candy ("Be smart, Buckle Up!" and provide Smartee candies, "Don't be a DumDum, Wear a Seatbelt!"
- ▶ Determine if you will sell the bags directly or sell them in advance and then deliver them?
- ▶ Allow students to purchase bags that contain candy with a traffic safety message attached. Have the sale and deliver the bags.
- Announce when and where the sale will take place.

Note: You could do this as a fundraiser or awareness campaign for your SADD chapter.



# DOOR DECORATION COMPETITION

**What is it?** A competition where student groups/clubs design a traffic safety message to decorate a classroom door.

What is the purpose? Increase awareness of traffic safety issues to remind students of the importance of being responsible—also, an opportunity to involve students and other student organizations/groups in drawing attention to your issue and message using a friendly competition. More engagement will result in a common message and buy-in from students.

#### What do we need?

- ▶ Obtain permission to decorate doors throughout the school.
- List of all student groups in the school and advisor/sponsor name.
- Design materials

#### How to do it

- Obtain permission to do the activity.
- ▶ Establish the "theme" and activity timeline.
- ▶ Determine how to inform the other groups and advisors/sponsors of the challenge.
- Meet with the student groups' representatives to promote the contest and provide the timeline.
- Each group selects a door to decorate.
- Allow students to vote on the door they like best and award the winning group with a prize determined by your group. Note: You might want to find donations for prizes. Talk to local markets, groceries to bring donuts or items into their meeting. Or local pizza place to donate pizzas to the winning group. Or could do internal prizes, for example, homework passes, extended lunch periods, free passes to a school activity, etc.



# **SEAT BELT SCHOOL POLICY**

**What is it?** An opportunity to work with school administration and school board to create or enhance a policy that increases student seat belt use by linking student seat belt use to parking privileges or participation in other school activities.

What is the purpose? Most schools have rules prohibiting smoking/drinking or rules requiring athletes to wear helmets designed to keep students safe and healthy. Requiring students to buckle up is one more way to keep them alive and healthy.

#### What do we need?

▶ Access to current school handbook or policy book.

#### How to do it

- Review the current policy.
- Gather statistics and data to help inform your proposed changes to the policy.
- Prepare a presentation of proposed changes to provide to the appropriate governing body.
- Review feedback and make any needed changes.
- ▶ Resubmit proposal if needed.
- Commit to support your policy and be persistent as this can be a long process; do not give up hope.
- ▶ Celebrate your efforts! If you changed the policy, celebrate your success! If a policy did not change, still celebrate your efforts, and plan your next steps.



**What is it?** An opportunity to inform school and community members about traffic safety issues by writing articles for school or local papers.

What is the purpose? People need to hear something many, many times before they remember it. Also, coming from a youth perspective is very impactful. It is essential to find as many creative ways to promote seat belt use as possible.

#### What do we need?

- Facts and information about seat belt use
- Writing skills
- Information about school and community publications

#### How to do it:

- ▶ Brainstorm a list of places where other students get information (newsletters, emails, etc.)
- Decide what message and perspective you want to communicate.
- Decide how you will "get the word out."
- ▶ Write the article.
- ▶ Work with the publisher/editor to get your articles/ad included in the publication.



# THANKS FOR BUCKLING UP!

**What is it?** An activity to reward people who are already wearing seatbelts will reinforce the importance of always buckling up! Conduct surprise "spot" checks on student drivers and their passengers coming into school. Reward those who were responsible for using their seatbelts.

What is the purpose? There are still people who think it is unnecessary to buckle up, especially if they are "just going a couple of miles." Research shows driver belt use can influence passengers. In other words, when the driver wears a seat belt, the passenger is more likely to buckle up too. Use this influence by rewarding only the cars in which *all* occupants are buckled.

#### What do we need?

- ▶ Permission to conduct safe spot checks located in the school parking lot.
- ▶ Rewards: candy, McDonald's, or Sonic ice cream certificates, other local restaurant free drinks.
- Group members willing to safely conduct spot checks.

#### How to do it

- ▶ Collect reward prizes.
- ▶ Choose a day and time to do the surprise "spot" checks.
- ▶ Conduct the spot check and hand out the reward to students wearing their seatbelts.
- ▶ Publicly recognize those who were wearing seatbelts. Example: an announcement thanking those who buckled up.

#### Extra Credit Idea

Plan a competition between the faculty and the students to increase their use of seat belts.



What is it? Students pledge to wear their seatbelts and are given a lollipop as a reward. Hang up the pledge sheet at a school event, such as Homecoming or a football game, so students can see how many people have pledged to wear their seat belt.

What is the purpose? When someone makes a promise by signing a pledge, it reminds them of the issue's seriousness. When students sign a seat belt pledge and see other students signing, it shows people that there is a lot of support for using a seat belt.

### What do we need?

- Permission to collect pledges and hand out lollipops.
- Candy lollipops.
- ➤ You have printed pledges to sign or pledge banner (you can ask a community business to donate the banner).
- Place and time to get students to sign pledges.

## How to do it

- ▶ Choose a time and place to sign or distribute the pledges and lollipops. Plan a time and place to reach as many students as possible, maybe lunchtime, sporting activity, or popular hangouts.
- Get lollipops and make copies of the seat belt pledge sheets.
- Display the seat belt pledge sheets in a public place.
- Ask students to sign the printed pledge sheets or banner.
- ▶ Display the pledges in a visible area to remind students of their commitment.
- ▶ Announce how many students signed the pledge on the school announcement.



# Seatbelt Pledge

I pledge always to wear my seatbelt when traveling in a motor vehicle by completing the information below. I also pledge to encourage those riding with me to buckle up. I am committed to buckling up every seat, every time.

Name:	Date
Name.	Date



# Seatbelt Pledge

I pledge always to wear my seatbelt when traveling in a motor vehicle by completing the information below. I also pledge to encourage those riding with me to buckle up. I am committed to buckling up every seat, every time.

N.T.	T .
Name:	Date
Name	Date





# **BUCKLE UP DRIVE-THRU NIGHT**

What is it? An activity to involve the community in sending and supporting consistent messages about the importance of responsible traffic safety behaviors.

What is the purpose? Partner with a local drive-thru restaurant, allowing students to drive-thru and state "Buckle up and stay alive" or another traffic safety message to the employee working the drive-through window. If the youth say the statement, they will receive a coupon from the restaurant, free soda, or other items. Engaging other businesses to support buckling up safety will reinforce the importance and messaging.

#### What do we need?

- List of local drive-through restaurants.
- ▶ Letter asking for a commitment from local restaurants, including the message youth will be saying to the employee.
- ▶ Commitment from drive-thru restaurants to participate and offer "prizes."
- ▶ Marketing to inform youth of the activity- when is the activity, who is participating, and what they will receive.

### How to do it:

- Get permission to go to local drive-thru businesses to ask to partner on the traffic safety activity.
- Create a flyer or letter to inform the restaurant employees of the activity and expectations.
- ▶ When youth come through the drive-thru, they will state the message and receive a "prize."
- Publicly thank the restaurants that participated!



**What is it?** Create a traffic safety message t-shirt for school staff and require them to wear them on designated days, i.e., every Thursday before a game, prom, or other school events.

What is the purpose? To get staff involvement and support and share a united front on the importance of teen traffic safety.

## What do we need?

- ▶ T-shirt design- maybe work with the art department.
- ▶ T-shirts find a donor who would be willing to provide the shirts.
- Designated day(s) to wear the shirts.

#### How to do it:

▶ Talk to staff about the importance of them wearing the shirts and the schedule.



# **MARQUEE MESSAGES**

**What is it?** Marquee messaging activity to increase awareness of teen traffic safety.

What is the purpose? Reinforce the importance of responsible teen traffic safety behaviors. Marquees are used for advertising goods and services or providing announcements or promotions to the public. Electronic and traditional marquees can found outside businesses, town halls, schools, and fire departments. Marquee messages are short, concise messages that appear on these marquees.

#### What do we need?

- ▶ List of local businesses that have marquees or signs.
- Letter asking for a commitment from local businesses to post safety messages, including the message they will use (some examples shown below).
- ▶ Contact these organizations in your community to see if they will use their marquees to remind teens, and the community, about the importance of seat belts.
- Commitment from businesses to participate.

### How to do it:

- Get permission to recruit local businesses, the town all, police, fire departments, etc., to ask to partner on the traffic safety activity.
- Create a flyer or letter to inform the business of the activity and expectations.
- ▶ Publicly thank the restaurants that participated!
- ► Take pictures of the marquees and signs and post them on your school's website and/or social media platforms.
- ▶ Send us any pictures to include in our newsletter and social media! Make sure to obtain approval to send us your photos.

## **Sample Messages:**

Put your phone in park! Click it or Ticket! Front and back seat too!

You never know, buckle up! Texts cause crashes!

Put an end to distracted driving! It can happen to you! Do not text and drive!

Better to arrive late! Do not speed! Alert today- Alive tomorrow!



**What is it?** Chalk the block activity to spread the word about traffic safety.

What is the purpose? Increase awareness by placing traffic safety-focused chalk art messages around town. For example- seat belts, drinking & driving, distracted driving, drugged & driving, encouraging words for safe habits, or anything you can think of to promote traffic safety.

#### What do we need?

- ▶ You will need to get permission to create chalk messaging or art.
- Multiple messaging or art ideas
- ▶ Sidewalk chalk

#### How to do it:

- ▶ Work with your group leader to get permission for this activity and help.
- ▶ Pick a strip of sidewalk where most students walk to go into the school.
- ▶ Buy some sidewalk chalk. (Your art teacher may have a supply.)
- ▶ Check the weather before you chalk. Make sure it is not going to rain. If it is, plan to let those involved know that you will chalk the next day instead.
- ▶ Do your chalking before or after school. Students will be able to see your work when they come to school.
- ▶ You may want to find a prominent spot on the sidewalk or parking lot where you can write a short pledge. Have everyone who comes to school sign below the pledge to show their support for wearing seat belts.
- ► Take a picture of the artwork and artists and post it on the school's website or Facebook page.
- ▶ Send us any pictures to include in our newsletter and social media! Make sure to obtain approval to send us your photos.



# **LUNCHROOM TABLE TENTS**

What is it? An activity to increase awareness of teen traffic safety.

**What is the purpose?** Increase awareness by placing printed "table tents" on lunchroom tables in the cafeteria.

#### What do we need?

- ▶ Permission to place tabletop tents on the cafeteria tables.
- Card Stock
- ▶ Statistics or messaging to print on the table tents- you could work with the graphics, technology, or art department to develop a design.

#### How to do it:

- ▶ Chose a date to place the table tents in the cafeteria- pick a timeframe that might be increased risk of traffic safety incidents and crashes: prom, Youth Traffic Safety Month, etc.
- Create a table tent design and message.
- Print the table tents.
- ▶ Place table tents on the cafeteria



# **Resources**

# **National Organization for Youth Safety**

http://www.noys.org

## The National Road Safety Foundation

http://www.nationalroadsafety.org

# **Governor's Highway Safety Association**

http://www.ghsa.org

http://www.ghsa.org/html/stateinfo/bystate/il.html

## **IDOT – Division of Traffic Safety**

http://www.drivesoberillinois.org

http://www.dot.state.il.us/

#### Illinois State Police

https://isp.illinois.gov/TrafficSafety

#### **IMPACT Teen Driver**

https://www.impactteendrivers.org/

## **SADD Illinois**

http://www.ilsadd.org

## **Think First Injury Prevention Foundation**

http://www.thinkfirst.org

### **Illinois Secretary of State**

https://www.cyberdriveillinois.com/departments/drivers/traffic\_safety/home.html https://www.cyberdriveillinois.com/publications/motorist/rorts.html

# **National Highway Traffic Safety Administration**

https://www.nhtsa.gov/

## **American Academy of Pediatrics**

http://pediatrics.aappublications.org/cgi/content/full/118/6/2570

#### **Drive It Home**

https://www.nsc.org/driveithome



# **Traffic Safety Marketing**

https://www.trafficsafetymarketing.gov/

## **AAA Foundation**

https://www.aaafoundation.org/research

## **Center for Disease Control**

http://www.cdc.gov/motorvehiclesafety/index.html

# **Insurance Institute for Highway Safety**

http://www.iihs.org/

## Ford Driving Skills for Life

https://www.drivingskillsforlife.com/

## **Liberty Mutual**

http://www.libertymutual.com/auto-insurance/teen-driving

### AT&T

http://www.itcanwait.com/

### Don't Text and Drive

http://www.donttextdrive.com/

# Distraction.gov

http://www.distraction.gov/