

## Just Unplug July

### overview

#### Theme

Literally **Text Less** and **Live More**.

#### Initiative

It's the height of summer and a big month for TLLM. Join us in observing **TextLess Live More Day** on July 3rd, then choose **Digital Independence** on July 4th.

Focus on other activities instead of using your phone. It's summer – get outside and live your life! Check out summer concerts in your area, farmers markets, or festivals. Remember why we encourage a healthy relationship with your phone: to make it easier to drive without distraction!

# Just Unplug July

## Objective

Students will participate in an unplugging challenge.

## Initiative

TLLM's mission is twofold: **ending distracted driving** and **promoting digital wellness**. We believe that if we break the addiction to our phones, we won't be as tempted to use our phones on the road and distracted driving will decrease exponentially. Living More is all about stepping away from technology. In July, we want you to do exactly that.

## Introduction

- Present the two unplugging challenges: **TextLess Live More Day** and **Digital Independence Day**.
- Show TLLM's "Merritt & The Blue Chair" video.
- Reflect on why unplugging is important.
- Write down some thoughts – you'll be more likely to succeed at unplugging if you take the challenge seriously.

## Activity

Unplug for **TextLess Live More Day**, **Digital Independence Day**, or both!

## Just Unplug July

### textless live more day

TextLess Live More Day is **July 3rd**, a day we remember Merritt Levitan, who lost her life because of a distracted driver and who is the inspiration behind TLLM. Join us in unplugging to honor Merritt.

- Unplug for at least 3 hours.
- Do something fun with someone you love and care about.
- Tell at least one person about TLLM.

### digital independence day

Celebrate **July 4th** by staying off your phone.

- Turn your phone off for one **FOURTH** of the hours you are awake. For most people, that's four hours per day. You can space the hours out and turn your phone off for four one-hour chunks, two two-hour chunks, or designate a period of four hours phone-free – however you like!
- Only check your phone every four hours.
- Feeling like you want a real challenge? Take the Fireworks Challenge, and only check your phone after the fireworks you watch in the evening end.