**Sample Social Media Posts for Distracted Driving Campaign**

**Sample FB posts**

***Note: Where possible, use images with the posts and/or links to videos (see sampling of videos below).***

* Our commitment to safety goes far beyond electricity. Join our staff and take the Pledge to put the phone down while driving. Then spread the word to your friends and family -- phones and driving don’t mix! #NoTxtNoTlk
* Tip: Your friend or family member in the passenger seat can double as a navigator and the designated texter/caller. When you’re behind the wheel, #NoTxtNoTlk! Phones and driving just don’t mix.
* Did You Know: Talking on a cell phone quadruples your risk of an accident? This sobering statistic is about the same as drunk driving – with 8 times the peril at stake when texting behind the wheel. JUST DON’T DO IT! Phones and Driving Don’t Mix. #NoTxtNoTlk
* Do you know the #1 cause of deaths in the workplace? Here’s a hint – it’s got nothing to do with electricity. #NoTxtNoTlk
* According to the [AAA Foundation for Traffic Safety](https://www.facebook.com/AAAFTS), the time between Memorial Day and Labor Day has been called the “100 Deadliest Days” for teens behind the wheel. When you hit the road, always put the #NoTxtNoTlk Pledge into practice and talk to teen drivers about doing the same!

**Sample tweets**

***Note: Where possible, use images with the posts and/or links to videos (see sampling of videos below).***

* [x] [co-op handle] staffers took the #NoTxtNoTlk Driver Safety Pledge. Join us & put the brakes on distracted driving! (link to pledge)
* Our commitment to member safety goes far beyond electricity. Take the #NoTxtNoTlk Driver Safety Pledge: (link to pledge)
* Life has no redial. Stop by and bring a teen to today’s [co-op handle] driver safety talk. (link to pledge) #NoTxtNoTlk
* #DYK: Using a cell phone while driving increases crash risk 4x. Join our staff & take the #NoTxtNoTlk Safety Pledge: (link to pledge)
* JUST DON’T DO IT! Phones+driving never mix. Do your part to put the brakes on distracted driving: (link to pledge) #NoTxtNoTlk
* Have a designated driver on deck? Great! Now get your designated texter in order. Phones+Driving never mix! (link to pledge) #NoTxtNoTlk

**Links to Distracted Driving Videos for Social Media Posts**

**GLEE Distracted Driving PSA “I’m on my way” (Dept. of Transportation)**

<https://www.youtube.com/watch?v=mnw_7xI5klM>

**Faces of Distracted Driving (Distraction.gov)**

<https://youtu.be/vjmlv1rbGKE>

**OMG – Teens (Distraction.gov)**

<https://youtu.be/Aeza_UOfBzI>

**Eyes on the Road Cinema experiment: Shocking Danger of Texting and Driving) (Volkswagen)**

<https://www.youtube.com/watch?v=Tlxjng8h3Tc>