

# FFLINE MODE

## TOOLKIT

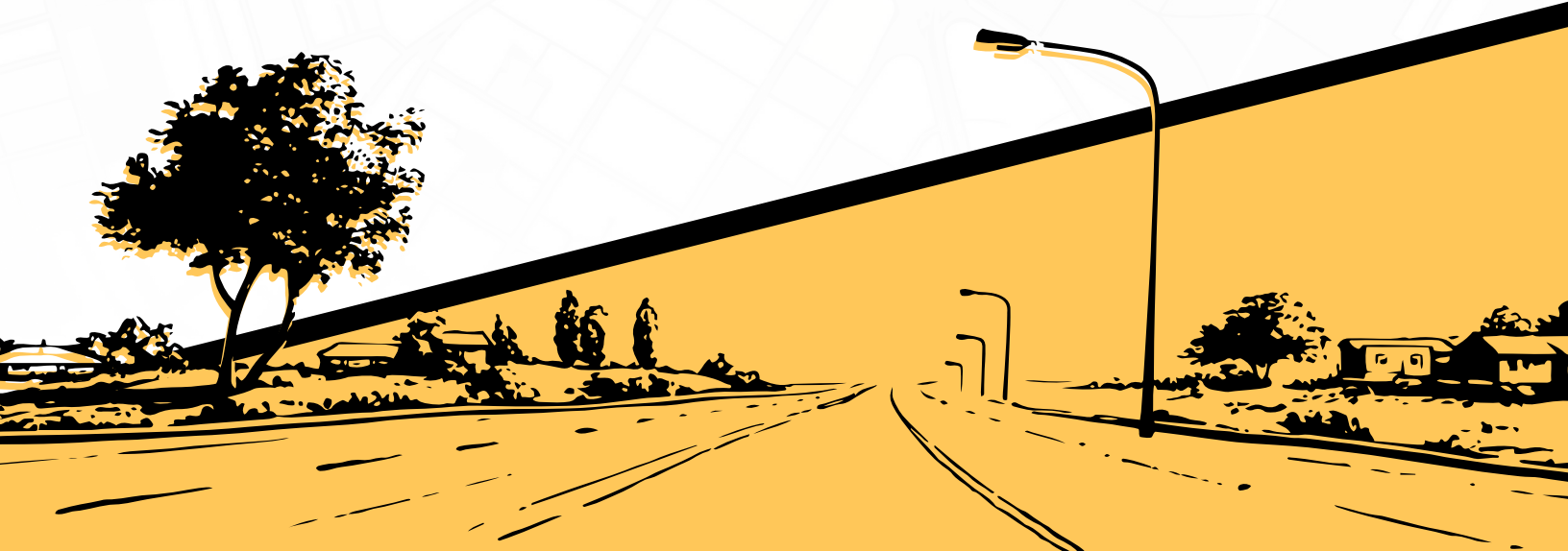
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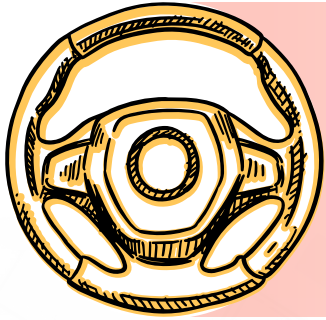


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We want young people to stay safe, distraction-free and focused on the road. This toolkit equips drivers and passengers with the tools you need to engage in safe and smart behaviors before, during and after your drive.





Thank you for **pledging** to safe, distracted-free driving! Now that you're part of the Offline Mode Crew, you're helping to make the roads safer for everyone!



**Whether you're a new driver, a frequent commuter, or just want to help create a safer driving environment for all, this guide is your ultimate resource for reducing distracted driving and staying safe on the road. The goal? To make sure you're focusing on the road, not your phone, by switching into Offline Mode.**

This guide is designed to help you follow through on your pledge by offering tips and resources to stay focused on the road. From setting your phone up to silence distractions to resisting the urge to check social media or snap that perfect photo, this checklist will keep you on track and committed to safer driving. We're excited to have you on board—together, we can make a real difference.



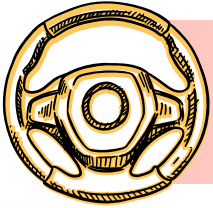
## Did you know?

- Social media usage—whether it's posting, filming videos, or checking notifications—takes your focus off the road for an average of **5 seconds per glance**. That's enough time to travel the length of a **football field** at highway speeds!
- According to the Transport Research Laboratory and the Institute of Advanced Motorists, the **reaction time of a driver slows by 37%** while using their smartphone.
- Texting while driving makes you **23 times more likely to crash**.

## The Importance of Offline Mode

Distractions can be deadly, especially when they come from your phone. Every time you post content, take a video, scroll through your feed, check a text or take a call, you put yourself and others at serious risk.

Phones are essential for staying connected, but there's no need to be online while driving. That's why we're asking you to switch to **Offline Mode**—a mindset and practice to stay off your phone, especially avoiding social media, taking photos, texting, calling, navigating, and using social media while behind the wheel.



# BEFORE You Drive



## Turn on **Do Not Disturb** mode

Use your phone's *Do Not Disturb* feature or download an app that silences notifications while you're on the road. No notifications mean fewer distractions.

On iPhones, activate Focus Mode or use Driving Focus. On Android, enable *Do Not Disturb While Driving*.



## Set your **GPS** or music

Pick your route and playlist or podcast **before** you get behind the wheel. This ensures you won't need to touch your phone while driving.

Make sure any app you need is fully set up, so you're not fiddling with it while the car is in motion..



## Secure your phone

Place your phone out of sight and reach. Use a glove compartment, a bag, or a phone holder to keep it secure. Keeping it out of your hands prevents unnecessary distractions.



## Prep for emergencies

Inform friends and family that you'll be driving and unable to respond until you're safely parked.

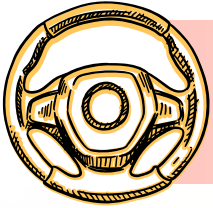
If possible, set an auto-reply to let people know you're on the road and will get back to them when it's safe.



## Delegate tasks

If you're driving with passengers, let them handle all phone-related tasks. They can take care of the GPS, text for you, or pick the music so you can focus on driving.





# PASSENGER Mode



## Task Delegation

Help the driver stay distraction-free by handling the GPS, music, or any important messages during the ride.



## Stay Alert

Be an extra set of eyes by helping monitor traffic, directions, and road conditions while the driver focuses on driving.



## Secure your phone

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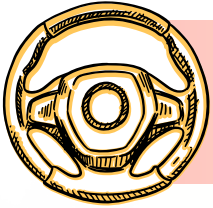


## Stay offline as a passenger

As a passenger, do your part to help reduce distractions by staying offline as much as possible. Even if you come across the funniest video or the cutest picture, resist the urge to show it to the driver—save it for when you arrive at your destination, not even at a stop sign or red light!

To make the ride more enjoyable, try to have engaging conversations or share stories to keep yourself from wanting to scroll through your phone. By being present, you're helping the driver stay focused on the road.





# WHILE You Drive



## No phone zone

Avoid texting, scrolling, watching videos, FaceTiming, or using your phone in any way while driving.

This means no chatting on the phone, checking social media, posting, or responding to notifications. A new message, like, or comment isn't worth the risk.



## No selfies or filming

Resist the urge to take photos, videos, or selfies while in the car, even if you're stopped at a red light or sitting in traffic.

If you absolutely need that perfect sunset shot, PULL OVER in a safe location before snapping any pictures or filming content.



## Hands on the wheel, eyes on the road

Keep your hands on the wheel and your eyes on the road at all times. Don't adjust or reach for items while moving—wait until you're safely parked to make any changes.



# If You Get a Call, Text, or Urgent Notification:

**PULL  
OVER**

If you absolutely must respond to a call, text, or urgent notification, find a safe spot to pull over and stop the car completely before checking your phone.

**Remember, no notification is more important than your safety.**



# Spreading the MESSAGE

Now that you're committed to Offline Mode, it's time to **spread the word!**

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## Share your commitment

After signing the pledge, take action by commenting on content your favorite influencers and creators post. Call on them to sign the pledge and make roads safer too!

### Here are some ideas for what to say:

- I love your content, but noticed you were filming from a moving car. Take the **#OfflineMode** pledge with @dosomething and @generalmotors and let's make our roads safer!
- I took the **#OfflineMode** pledge with @dosomething and @generalmotors promising to stay off my phone while driving (or riding as a passenger)! You should take it with me and make our roads safer!
- Shoutout to you for making sure you were fully parked while filming this! Take the **#OfflineMode** pledge and lets get others to keep the roads safer!
- I pledged to stay phone-free while driving with **#OfflineMode**. Join me and take it with @dosomething and @generalmotors.
- I'm part of the **#OfflineMode** crew and we're all about staying off our phones while driving to keep everyone safe. Take the pledge with @dosomething and @generalmotors.

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## Check out our additional materials

Explore downloadable goodies like a sleeve you can put your phone and wallpapers:

- [Offline Mode Phone Sleeve](#)
- [Offline Mode Phone Friends Wallpaper](#)
- [Offline Mode Phone Wallpaper](#)

# Spreading the *MESSAGE*

Now that you're committed to Offline Mode, it's time to **spread the word!**

## 3 Lead by Example

When you're with others in the car, encourage them to follow the Offline Mode Checklist too. It's easier to stay focused when everyone around you is on the same page.

## 4 Make it Fun

Start a challenge with your friends, family or community! Challenge them to go phone-free while driving for a week and have everyone track progress. BONUS: By completing a 7-day or 30-day streak challenge, you could earn up to a \$1,500 scholarship!



# Staying Committed to Offline Mode *LONG-TERM*

Taking the pledge is just the first step. To make Offline Mode a long-lasting habit, consider the following tips to stay committed:

## 1 Start a streak

- At the end of each week, reflect on how well you stuck to your Offline Mode commitment. Were there times you were tempted to check your phone? What can you do differently next time?
- Celebrate your wins! Staying distraction-free isn't easy, but every drive you complete without distractions is a victory. Continue on to learn how you could earn a scholarship for your dedication.

## 2 Create reminders

- Set a daily reminder on your phone before you head out to switch into **Offline Mode** or 'DND'. Over time, it'll become second nature!
- Consider printing out our Offline Mode Checklist Card or adding a sticky note in your car to 'Stay Offline' since we know that visual cues can help you reinforce habits.

## 3 Hold yourself & friends accountable

- Let your friends and family know about your commitment to Offline Mode, they can help remind you when you're tempted, and you can help them stay focused too. Even in group settings, agree that the driver should be completely offline so make it a shared goal to keep everyone safe on the road.

## 4 Join the conversation

- Engage with other pledge-takers online and share your experiences using **#OfflineMode**. See what works for others and pass along your own tips for resisting distractions. Don't forget to tag us on social media when you share your success stories!

## 5 Incorporate offline mode into other areas

- Practice your Offline Mode discipline in other parts of your life—like while studying, spending time with friends, or during family dinners. Being present is important in all aspects of life, and minimizing phone distractions will improve your focus everywhere.

# Staying Committed to Offline Mode *LONG-TERM*

Taking the pledge is just the first step. To make Offline Mode a long-lasting habit, consider the following tips to stay committed:

- 6 Lock in for a 7 or 30-day streak of distraction free driving.**
  - How long can you go?
- 7 Report your streak to be eligible to earn a \$500 scholarship**
  - At the end of 7 days, report your streak to be eligible for a \$500 scholarship and member-only giveaways. Check it out here.
- 8 Reflect on how well you stuck to your commitment.**
  - At the end of each week, reflect on how well you stuck to your Offline Mode commitment.
  - Were there times you were tempted to check your phone?
  - What can you do differently next time?
- 9 Report your streak to be eligible to earn a \$1,500 scholarship**
  - Go from pledge to distraction free-pro with a 30 day streak of distraction free driving.
  - Report your 30-day streak to be eligible for a \$1,500 scholarship and member-only giveaway. Check it out here.
- 10 Celebrate your wins!**
  - Staying distraction-free isn't easy, but every drive you complete without distractions is a victory.



# ADDITIONAL RESOURCES



## For more tips and tools on road safety, check out these helpful resources:

- **Vehicle Safety by GM**: Learn more about driver distraction - a major factor in the cause of vehicle crashes.
- **Distracted Driving Facts**: Learn more about the risks of distracted driving.
- **Set Up 'Do Not Disturb'**: Quick guide to setting up Do Not Disturb on iPhones.
- **Teen Driver Safety**: Important safety tips from the CDC.

Thanks for using the Offline Mode Toolkit and **Checklist** powered by DoSomething and General Motors.

Together, we can eliminate distractions and focus on what matters most—arriving safely.

#OFFLINEMODE



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MODE**