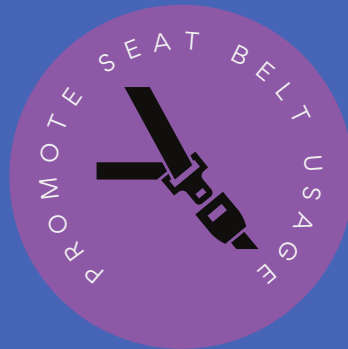


TRAFFIC SAFETY



TRIATHLON

PROGRAM TOOLKIT



ACTMISSOURI.ORG/SADD/TST

OVERVIEW

Program Summary

The Missouri SADD Traffic Safety Triathlon is a traffic safety initiative aimed at using peer education to improve the lives of youth across Missouri. The Triathlon utilizes activities from three (3) of SADD's core programs.



Rock the Belt - Rock the Belt is a SADD national core program that uses peer-to-peer based prevention strategies to engage schools, parents, and communities about the importance of wearing seat belts in every vehicle, in every seat, every time.



Textless Live More - Textless Live More is a student-led, peer-to-peer, national awareness campaign with a mission to end distracted driving and promote digital wellness.



Is It Worth the Risk - Is it Worth the Risk is a SADD national core program that uses peer-to-peer based prevention strategies to engage schools, parents, and communities about the real-life consequences of underage drinking.

The Traffic Safety Triathlon is composed of three (3) activities. This Toolkit provides step-by-step instruction for developing and participating in each of these activities.

- Rock the Belt's Quick Click Challenge
- Textless Live More Take-the-Pledge Event
- Is It Worth the Risk Skit & Community Panel

Eligibility

All Missouri public and private high schools are eligible to participate. Participation does not require registration but reporting is required to be counted as a participating school.

Timeline

All three activities must be completed between January 1 - April 15, 2022.

Recognition

Participating schools are ranked based on involvement as a percentage of student body.

Reports of participation must be completed by April 20, 2022. Award winners are announced May 2, 2022.

Contact & Support

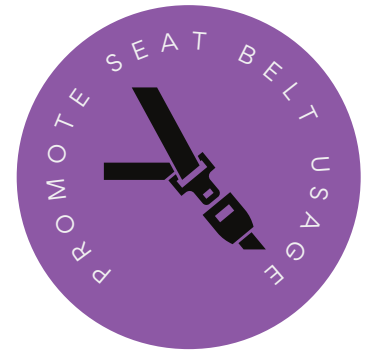
State Coordinator Chris Dzurick | cdzurick@actmissouri.org | (573) 544-0914

ACTIVITIES

Activity 1 | Rock the Belt Quick-Click Challenge

Research by the National Highway Traffic Safety Administration (NHTSA) indicates that motor vehicle crashes are the number one killer of teens today. Of these deaths, 54% of teens (13-19 years old) were unbuckled. Rock the Belt is designed to address these statistics.

The Quick-Click Challenge is a high-energy, team competition that demonstrates the little amount of time it takes to fasten a seat belt.



Supplies Needed

- Four-door vehicle
- Whistle
- Stopwatch
- Quick-click crew to record penalties and time (3-4 individuals)
- Copies of official rules

Quick-Click Challenge Official Rules

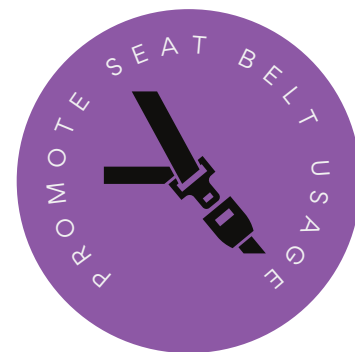
1. Each team must have FOUR members.
2. Teams may check seat belts prior to their run to determine belt type and that there are no kinks, jams, or twists.
3. Teams will start behind the designated starting line, usually 5-10 ft. in front of the car.
4. For safety purposes, all doors must remain open at all times. Participants must make an effort to not touch the doors. In fact, referees may set a penalty for touching the doors after the first whistle blows.
5. Upon the first whistle blow, the four team members will run to and enter the vehicle, buckling up in one of the four seat positions.
6. When each seat belt is buckled, team members are to raise both hands into the air.
7. When all four seat belts are buckled and all eight hands are in plain view, the Quick-Click crew will blow the whistle to signal team members to unbuckle and rotate clockwise to the next seat.
8. Members must exit the vehicle after each position. Sliding across seats or across the hood is not permitted and will result in disqualification.
9. Team members advance clockwise around the car until they have buckled up in all four positions, raising both hands each time, and being signaled by the whistle.
10. The clock is stopped when all four team members buckle their seat belts in the fourth rotation and raise their hands. All Quick-Click crew times are final.

ACTIVITIES

Activity 1 | Rock the Belt Quick-Click Challenge

Quick Tips

- Hold a Quick-Click Challenge during lunch or homeroom. If that is not possible, plan for immediately before or after school, obtaining permission from your administration.
- Encourage each team to use a fun team name!
- Promote the Quick-Click Challenge to get students excited! Track times and reward the fastest team with the CHAMP t-shirts included in Rock the Belt's toolkit.
- Give each participant a flyer with a fun reminder to buckle up.
- Recognize the winning teams in your school's announcements.



Scorecard

To track the results of the Quick-Click Challenge, utilize the following scorecard template or create your own.

TEAM NAME	TIME	PENALTY	TOTAL Time - Penalty	PLACE

ACTIVITIES

Activity 2 | Textless Live More Take-the-Pledge Event

Driving is a real-time commitment. Distraction of any kind can have deadly or severe consequences. TLLM dialogue exposes the risks and real dangers of driving distracted for those behind-the-wheel and anyone who comes in contact with a distracted driver, including passengers, fellow drivers, pedestrians and bikers.

According to an AAA poll, 94% of teenagers call texting and driving a serious threat yet 35% admit to doing it.



Supplies Needed

- Copies of TLLM mission and objective
- Copies of facts about distracted driving
- Device to show PSAs
- Copies of TLLM Pledge sheet
- *Optional: Bracelets and bumper stickers ([buy here](#))*

TextLess Live More Take-the-Pledge Event

TLLM's Take-the-Pledge event applies Education and Behavior Modification. School assemblies, immediately before or after school, or at lunch are ideal for a Take-the-Pledge Event.

- Introduce TextLess Live More's Mission and Objective and share facts about distracted driving dangers.
- Share Merritt Levitan's story, including a Letter from Merritt's Family.
- Show one of the TLLM PSAs ([PSA #1](#), [PSA #2](#), [PSA #3](#)).
- Ask students to Take-the-Pledge to not drive distracted. This is the most critical message of TextLess Live More.
- Once students sign the pledge, distribute TLLM Bumper Stickers and Blue Bracelets.
- Encourage students to wear the blue bracelet, remember to LIVE MORE and never text, stream or engage in social media behind the wheel.

ACTIVITIES

Activity 2 | Textless Live More Take-the-Pledge Event

TLLM Mission

We are a student-led, peer-to-peer, national awareness campaign with a mission to end distracted driving and promote digital wellness.

TLLM Objectives

- End Distracted Driving
- Promote Digital Wellness
- Peer-to-Peer Education



Facts About Distracted Driving

- 25% of all auto collisions involve cell phones (National Safety Council)
- Texting while driving makes a car crash up to 23 times more likely (Federal Communications Commission)
- Distraction plays a role in 14% of crashes (American Automobile Association)
- Each day in the United States, over 8 people are killed and 1,161 injured in crashes reported to involve a distracted driver (Centers for Disease Control & Prevention)
- Mental Distraction can last up to 27 seconds after a text or distraction occurs (American Automobile Association)
- Drivers under the age of 20 have the highest proportion of distraction-related fatal crashes (NHTSA)
- 50% of teens admit to reading a text message or email while driving in the past 30 days (American Automobile Association)
- 9 people are killed each day in the U.S. in crashes caused by a distracted driver (NHTSA)

Pledge Sheet

The Textless Live More Pledge Sheet is signed by students who commit to driving free from the distraction of a cell phone, including texting, posting, and streaming. Include this Pledge Sheet at each location you host a Take-the-Pledge Event.

To download a printable copy of the Pledge Sheet, [click here](#).

A graphic for the Textless Live More Pledge Sheet. It features the "TEXTLESS LIVE MORE" logo at the top, with the tagline "END DISTRACTED DRIVING. SAVE LIVES. END DISTRACTED LIVING. CHANGE LIVES." below it. The main heading is "TAKE THE PLEDGE. SAVE LIVES." in a large, bold, sans-serif font. Below this is a paragraph of text: "I pledge to never text, post, stream, or engage in any form of digital distraction behind the wheel. I take this pledge to save lives, prevent tragic crashes, and make the roads safe for everyone. I pledge to step out from behind my screen and Live More every day." At the bottom, there are three sets of horizontal lines for signing, each consisting of a solid line, a dashed line, and another solid line.

ACTIVITIES

Activity 2 | Textless Live More Take-the-Pledge Event

Merritt's Story

Merritt Levitan never let anything get her down or prevent her from achieving her dreams. Born on October 11, 1994 in Boston, Massachusetts, to parents Anna Cheshire Levitan and Rich Levitan, Merritt was the adored older sister, aka “Sissy,” to her younger sister Hunter Levitan and brother Joseph Levitan.

On Martin Luther King Day in January 2002, midway through first grade, Merritt was diagnosed with Type 1 Diabetes. Treated at the Joslin Diabetes Center, Merritt took the lead for her care. Within just five weeks of diagnosis, Merritt learned to prick her finger, test blood sugars multiple times a day, and give herself shots of insulin.

She was determined to do all the things that she enjoyed pre-diagnosis, including soccer, overnight camp, skiing, swimming, and tennis. And she did! Doctors at the Joslin were immediately impressed by Merritt, and a mutual admiration grew between the confident seven year old and her team of endocrinologists. Imagine letting a seven year old give herself a shot at school, on the playground, in an airplane, at camp? Merritt insisted on independence. That was Merritt's Way.

A competent downhill skier and racer as a young teen, Merritt became an Instructor-in-Training at Sugarbush Mountain, in Warren, Vermont, for the Blazer's program, where she taught children skiing on weekends during the winter. She attended Windridge Tennis Camps during the summers and was named Outstanding Camper at fourteen. At age eighteen, the winter of her senior year in high school, Merritt became a fullfledged Coach and Ski Instructor with her own Blazer's group. She proudly wore the official Sugarbush Mountain Ski Instructor Jacket and Hat, as she taught budding skiers how to tackle black diamond slopes and ski with competence and confidence. Merritt adored “calculated” adventure, but she always put safety first, especially with the kids.

Despite her natural gifts for athletics and passion for adventure, Merritt cherished her education most. Throughout her thirteen years at Milton Academy, Merritt worked hard and enjoyed every aspect of the community. She learned to speak and read Spanish, spent a month with her Spanish class and a lovely host family at the Colegio el Pilar in Madrid, was co-captain of the Varsity Tennis Team, one of the editors of the independent school newspaper, head of the outdoor club, and an accomplished 3-D sculptural artist. She cherished abiding friendships with peers, teachers, mentors, coaches, and administrators.



ACTIVITIES

Activity 2 | Textless Live More Take-the-Pledge Event

Merritt's Story (continued)

She was accepted to Colgate University and was very much looking forward to that next milestone, but first she wanted to travel the United States over the summer... by bike! Merritt applied to Overland's American Challenge, a 3,000 mile cross country bike trip that begins in South Carolina at the Atlantic Ocean and ends in Santa Monica at the Pacific Ocean. Aware of the potential issues she might face with her diabetes, Merritt began to train for the journey.



For her senior project, Merritt biked 500 miles around New England and the Boston area and recorded her blood sugar levels and various bike routes. Her intention was to create a biking guide book for Type 1

Juvenile Diabetics. She presented her findings to both Milton Academy and the Joslin Diabetes Center to enthusiastic acclaim. Merritt graduated from Milton on June 7, 2013.

A week later, she and her mom drove 1,000 miles with her bike and adored dog Biscuit, down to St. Simons Island, Georgia to prepare for the American Challenge. For ten days, Merritt trained in 100 degree heat and humidity to be ready for the ride of a lifetime.

Merritt was ready. She was pumped. She met her group in Charleston, South Carolina on June 18, 2013 and the group of thirteen talented teenagers and two enthusiastic, highly trained guides began their quest to ride across the United States. They wore all the proper safety attire: helmets, vests, and flags on lead bikes to make drivers aware of the group.

On July 2, 2013, Merritt and her fellow bikers were riding along a rural road in Arkansas. They had crossed the mighty Mississippi the day before and logged 900 miles on bikes. All felt strong and fit and ready for the challenging Rockies ahead in the distance several weeks away.

A young man, driving distracted, hit the group of thirteen, injuring several bikers severely and critically injuring Merritt. We are a family and people of faith, and we hold the young man and his family in our hearts with absolute compassion. Yet the costly accident could have been prevented by education and awareness. Texting and driving is not against the law in the State of Arkansas.

ACTIVITIES

Activity 2 | Textless Live More Take-the-Pledge Event

Merritt's Story (continued)

Merritt Levitan died one day later on July 3, 2013 in Memphis, Tennessee, from brain injuries sustained by the accident. She was surrounded by family and close friends who flew in from Massachusetts, Vermont, Georgia, Texas, and California on a moment's notice.

Over 1,500 friends attended Merritt's memorials at Trinity Church in Boston, Massachusetts and on St. Simons Island, Georgia. As friends, teachers, coaches, mentors, and family gathered to pay tribute to Merritt, a joint mission began. We all knew we had to carry on a legacy so powerful, so positive, so essential, to help others achieve potential, as Merritt did without fanfare or need for acclaim.

Merritt took action, and everyday she inspires us to take action. TextLess Live More was founded in this spirit - the spirit of taking action and making sound decisions behind the wheel.

We honor Merritt and we honor YOU who read this. Join us. Share the message of TextLess Live More and help us end distracted driving and save lives.

Love and thanks,

Anna, Rich, Hunter and Joe Levitan



ACTIVITIES

Activity 3 | Is It Worth the Risk Skit & Community Panel

Underage drinking is a serious problem in this country. The use of alcohol is frequently coupled with risky and potentially destructive behaviors, such as physical and emotional violence, rude or thoughtless remarks or actions, and sexual mistakes or misjudgments. Automobile crashes are the leading cause of death for teens. Approximately 36 percent of traffic deaths of 15- to 20- year-olds are alcohol-related.



Supplies Needed

- Copies of Skit Script
- Props for Skit
- Panel of Industry Experts
- Five (5) Student Performers

Is It Worth the Risk Skit

Is It Worth the Risk's Skit is a live performance by students in your school or SADD chapter to show the consequences of a night of underage drinking by a group of youth. The skit is scripted by SADD and can be customized to meet your local needs. The event is supported immediately after by a community panel of professionals who speak about the dangers associated with underage drinking.

The skit works best as a school assembly and can be held near a large school event like a courtwarming or prom.

Program Alternative: Missouri SADD Car Crash Docudrama

If your school is unable to host a live event for students, consider utilizing the Missouri SADD Car Crash Docudrama. Filmed in March 2021 outside of Columbia, Mo., the docudrama shows the activities the lead to a youth car crash and the response of emergency services. Some scenes may be distressing to viewers. The Docudrama comes with two corresponding lesson plans for further learning and engagement.

[Docudrama Video Recording](#)

[Docudrama Lesson Plan & PowerPoint](#)

ACTIVITIES

Activity 3 | Is It Worth the Risk Skit & Community Panel

Script

The following is a suggested script for the role-play.

Narrator: I'd like to introduce you to a few characters you are about to meet in this play.

- Lynn is a well-liked high school junior.
- Jose is an athlete. He is a junior and star on the track team.
- Mark is a senior. He is Lynn's boyfriend of several months.
- Jessica is a very popular junior at school. She lives in a large house.
- There are a few characters I'd like to introduce you to who will not be present today.
- James is a 38-year-old father of two. His 32-year-old wife Maria is 8 months pregnant.
- Jessica's parents are away for the weekend.

Here's what's happening:

Lynn has been invited to a high school party at Jessica's house. Lynn's parents do not condone underage drinking. Lynn knows and respects this boundary. Lynn goes to the party with her boyfriend, Mark, prepared to have a great time with her friends.

Lynn: Hey, Jessica, great party. I had no idea there would be so many people here!

Jessica: Thanks, Lynn, yeah! I kind of invited a lot of people. My parents are away for the weekend, but it's cool. My mom knows I'm having people over. Did you come with Mark? I hope he's ready for some fun [pointing at the bar].

Lynn: Yeah, [hesitates] yeah.

Mark: Hey, Jessica, good party ... where's the keg?

Lynn: [pulls Mark aside] Mark, I didn't know you planned to drink tonight. I wish we had talked about this.

Mark: [laughing] Don't worry, I'm not gonna drink much!

Lynn: [confused, worried] OK.

Mark: Hey, Jose! How long have you been here?

Jose: Oh uh, I was the first one here — first one in line!

Jessica: [shouting to the crowd] I think it's time for a game! Jose, Jessica, Mark, and others join in on a drinking game.



ACTIVITIES

Activity 3 | Is It Worth the Risk Skit & Community Panel

Script (continued)

Narrator: 45 minutes pass

Jose: [walks away from the game, drunk] Hey, Lynn, c'mon and play, you know you want to...

Lynn: No, no. I'm sitting this one out, and... you don't look so good.

Narrator: Another hour passes

Jose: [trips and falls on the floor, laughs at himself but can't get up]

Lynn: [approaches Jessica] I think things are a little out of control. Jose just fell over there.

Jessica: Oh, relax, he'll be ok. [Jessica sarcastically yells to Jose] What's the matter Jose, poor baby – did you fall down?

Lynn: [approaches Mark] I think it's time we get going, Mark. This is crazy.

Mark: Why do you want to go already? I'm staying.

Lynn: Well, ok, but not for too much longer.

Mark: Have you seen Jose around?

Lynn: I saw him a while ago. He was so drunk he fell down.

Mark: Let's see if we can find him. [puts his arm around Lynn and stumbles over to Jose]

Jose: [looks sleepy and dazed]

Mark: Dude, you fell! Get up.

Jose: [doesn't respond, slumps down in the corner]

Jessica: [approaches Jose, Mark, and Lynn] What's wrong?

Mark: I don't know, but you'd better take care of this guy ... we're leaving. [puts arm around Lynn, walks out the door with the bottle of beer he is drinking]

Lynn: Mark, give me your keys.

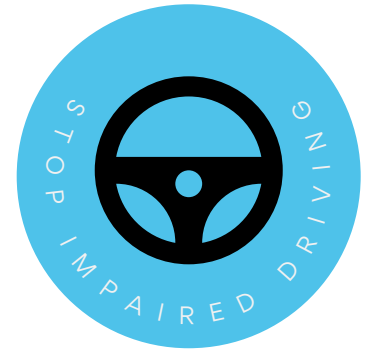
Mark: Are you for real? [laughing at Lynn] I'm FINE! Let's go.

Lynn: Look at me. How many fingers am I holding up? [holds up two fingers]

Mark: Two!

Lynn: OK, fine. Let's get out of here.

Narrator: Mark is in the driver's seat. He rests his open beer bottle in the cup holder. Lynn is in the passenger seat. Lynn does not buckle her seat belt. They drive a little more than 2 miles when they get into a crash with another driver. Meanwhile, neighbors have called to complain about the noise of Jessica's party. The police arrive to find the remains of Jessica's party. The only people there are Jessica and Jose. Jose is vomiting and appears to have a broken ankle.



ACTIVITIES

Activity 3 | Is It Worth the Risk Skit & Community Panel

Script (continued)

Narrator: What happened? Let me explain.

(Actors who are present step forward as their names are called.)

Lynn: Lynn was ejected from the car. She was taken by ambulance to a hospital, where she was admitted. She does not remember anything that happened. She suffered a head injury and spent several months in a rehabilitation facility. She will never fully recover. The police visited her while she was in the hospital but declined to file a criminal charge against her. Lynn's parents have sued Jessica's parents.

Jose: Jose was charged with underage drinking and disorderly conduct. He was taken by ambulance to the local hospital, where his stomach was pumped and he was treated for his broken ankle. He was released to his parents. Jose's parents sued Jessica's parents to recover medical costs.

Jessica: Jessica was charged with underage drinking and disorderly conduct. Jessica was taken to spend the night in jail until her parents were contacted.

James and Maria: James, the driver of the passing car Mark crashed into, was critically injured. Maria suffered a miscarriage but escaped other serious injury. She was wearing her seat belt at the time of the crash. Maria and James have sued Mark as well as Jessica's parents.

Mark: Mark was not injured in the crash. The police arrived at the scene of the crash and requested that Mark take a Breathalyzer test. Mark failed the test, was arrested at the scene, and later charged with vehicular homicide. He went to jail that night. His case was handled by the criminal justice system.

Jessica's parents: When the police found Jessica's parents, who were away for the weekend, they explained what had happened at the house. Jessica's parents acknowledged they had told Jessica she could have a few friends over. They refused to discuss what they had said about drinking at their house. In addition, Jessica's parents were sued by Lynn's parents, Jose's parents, and James and Maria for damages resulting from the night's events.

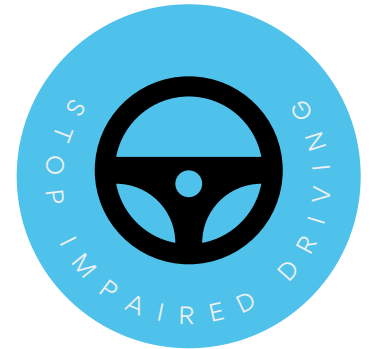


ACTIVITIES

Activity 3 | Is It Worth the Risk Skit & Community Panel

Planning Committee

This committee is responsible for making the necessary preparations for the role-play performance, such as finalizing the script, assigning roles to the different characters, and sending the summary and pictures of your completed event to the SADD National office. This committee is also responsible for working to attract media attention for events your SADD chapter is planning in conjunction with this campaign.



Performance Specifics

At first, organizing an event like this may seem like an overwhelming task. There are, however, many people who will be happy to help once you get the word out about your event.

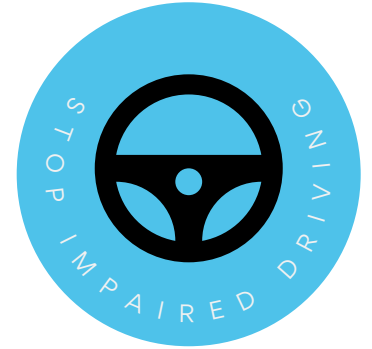
1. Start your planning as soon as you receive this guide. The more time you have to plan, the better off your chapter will be.
2. Meet with administrators at your school to get permission to host this event.
3. Discuss with your SADD chapter members whether or not this script meets the needs of your school and community. You may want to make additions, deletions, or amendments to the script so that it is most relevant to your needs. Be careful when choosing a fact pattern to ensure that does not relate closely to a situation that has affected someone in your school or community.
4. Work with your SADD chapter advisor to assign character roles for the performance. Actors should begin to rehearse the script as soon as possible.
5. Ask your school administrator to give you a list of things your chapter can do to help prepare for the event.
6. Work with school administrators to identify a date and time for your event.
7. Publicize your event. Make sure that everyone in your school knows about the campaign and the event you are planning. Put up posters, perform skits at assemblies, send out e-mails, do whatever you need to do to make sure your school is excited about the event.
8. Make task lists for steps that need to be completed by your committee on the day of the event relating to setting up and cleaning up.
9. Document your event well! Take pictures, videos, and notes. Be sure to send information about your event to the SADD National office.

ACTIVITIES

Activity 3 | Is It Worth the Risk Skit & Community Panel

Panel Committee

The Panel Committee's task is to gather a panel of professionals in the community to respond on the day of the performance to the situations presented by the characters in the role-play. We suggest contacting local professionals such as a judge, prosecutor, defense attorney, law enforcement officer, etc.



How to Form a Panel

Talk with your SADD advisor, school principal or school resource officer, or your local school officer to find out the names and contact information for the professionals in your area who would be most likely to help. Whenever possible, invite professionals who have had experience with underage drinking cases. Assemble a panel that includes as many of the following individuals as possible.

- Judge
- Prosecutor
- Criminal Defense Attorney
- Personal Injury Attorney
- Law Enforcement Officer
- Insurance Provider
- EMT
- Emergency Room Nurse or Physician

REPORTING

How to Report Participation

Participating schools are asked to report their completion of the three Traffic Safety Triathlon activities to Missouri SADD via the reporting form found at actmissouri.org/sadd/tst.

Reporting must be completed by April 20, 2022.

Reporting Needs

Across All Activities

- School Name
- Main Point of Contact & Contact Information
- Size of 9-12 Student Body
- MSHSAA Class Size

Activity 1 | Rock the Belt Quick-Click Challenge

- Date of Activity
- Number of students participating in the challenge
- Photo of students participating in the challenge

Activity 2 | Textless Live More Take-the-Pledge Event

- Date of Activity
- Number of students signing the pledge
- Photo of a pledge station, pledge wall, etc

Activity 3 | Is It Worth the Risk Skit & Community Panel

- Date of Activity
- Number of students attending the skit or number of students who watch the docudrama
- Photo from skit or docudrama showing

Photo Notice

Any photos submitted to ACT Missouri and its managed organization Missouri SADD may be used for promotional purposes in marketing materials and on social media. By submitting a photo to ACT Missouri, you acknowledge all individuals in the photo are aware the photo may be used for commercial use and that no individuals in the photo are ineligible to have their likeness used.

RECOGNITION

How to Earn Recognition

Participating schools are ranked by average percentage of the student body participating in all three activities, calculated using the following formula.

Average (Activ.1 Participation + Activ. 2 Participation + Activ. 3 Participation) / Student Body Size

The resulting figure is then ranked against other schools in that same MSHSAA class size for ranking, as well as ranked against all participating schools. Available recognition includes:

Social Media

- 1st-3rd place in each MSHSAA class
- 1st-3rd place overall

School Sign

- 1st place in each MSHSAA class
- 1st place overall

Certificate of Participation

- All participating schools