

IN ONE INSTANT FAQs

- **What is In One Instant (IOI)?**
IOI is an award-winning teen safe driving program that combats the #1 cause of teen fatalities - car crashes. The video-based, interactive program empowers teens to make safe choices and influence their classmates, friends, and family to do the same. [Watch this 1-minute video: https://vimeo.com/575996066](https://vimeo.com/575996066)
- **Who developed the program and follow-up activities?**
Created by teens-for teens, with research and expert input from health and safety professionals, educators, and psychologists, IOI makes the issues relevant, personal, and approachable.
- **What does In One Instant cost?**
IOI is free to high schools and community organizations this year.
- **Where has the program been used?**
IOI has been making a difference in over 3,000 schools and organizations nationwide.
- **Can Student Leaders present the program?**
Yes! Student leadership is the core of IOI's solution. They coordinate implementation with their admin or advisor, and with ongoing IOI mentorship. Teens are ideal presenters since peer-to-peer learning has proven to be highly effective. The program's video and customized guides make it easy to lead the way with their peers. **(Can also be presented by educators and adult leaders).**
- **What is the estimated time needed? And what's in the program?**
*For prep and planning, less than 30 minutes. Includes signing up, choosing date(s) and time, inviting other participants, coordinating with Student Leaders/other educators.
*Video program, 33 minutes. Follow-up activities, 20 min-or expanded to more sessions as time allows.
*Pre & Post Surveys for Students, 3-minutes each.
**The program is flexible and turnkey.* It has compelling video content, relatable storytelling, immersive games and activities, real-life survivor testimonials, and follow-up activities that help students apply what they've seen to their own lives. Includes comprehensive toolkits/materials for educators, students, and parents along with community service opportunities. You choose what to include.
- **What do teens learn?**
Afterwards, teens feel compelled to own the problem and become the solution. They gain a new understanding of: learning how to stand up to peer pressure; refraining from driving while impaired, or driving with impaired drivers; utilizing a designated driver; refraining from using cell phones or texting while driving; wearing seat belts.
- **Can it be presented remotely?**
The program has been designed to work in-person or virtually via any video platform.
- **What results has the program had?**

Anonymous pre and post program surveys show that 86% more teens won't text and drive after experiencing the program, and 91% more students won't drive if impaired. 90% pledge to wear seat belts.

- **How does my school/org qualify for one of the \$1000 prizes?**

Once schools/orgs complete the short, online post program survey, they are qualified for a \$1000 prize.

- **Who sings on the IOI video soundtrack?**

That's none other than Beyoncé, an early supporter of the program.

- **How do I sign-up my school or org?**

It's free. [Sign up](https://www.inoneinstant.org/program/get-the-program.html) on our website (<https://www.inoneinstant.org/program/get-the-program.html>)