

Make the  
**pledge**

Everyone can make the Brake Pledge.  
It's a Pledge to do simple things to protect you and people around you, build happier communities, and help save the planet.



**slow**

## Slow

**Drivers** – I'll stay under limits, and slow down to 20mph around schools, homes and shops to protect others. I'll slow right down for bends, brows and bad weather, and avoid overtaking.

**Everyone** – I'll speak out for slowing down and help drivers understand that the slower they drive, the more chance they have of avoiding a crash and saving a life.



**sober**

## Sober

**Drivers** – I'll never drive after drinking any alcohol or drugs – not a drop, not a drag.

**Everyone** – I'll plan ahead to make sure I, and anyone I'm with, can get home safely and I'll never get a lift with drink/drug drivers. I'll speak out if someone's about to drive on drink or drugs.



**secure**

## Secure

**Drivers** – I'll make sure everyone in my vehicle is belted up on every journey, and kids smaller than 150cm are in a proper child restraint. I'll choose the safest vehicle I can and ensure it's maintained.

**Everyone** – I'll belt up on every journey, and make sure friends and family do too.



**silent**

## Silent

**Drivers** – I'll never take or make calls or texts when driving. I'll turn off my phone or put it out of sight and on silent, and stay focused on the road.

**Everyone** – I'll never chat on the phone to someone else who's driving.



**sharp**

## Sharp

**Drivers** – I'll get my eyes tested every two years and wear glasses or lenses at the wheel if I need them. I'll take regular breaks and never drive if I'm tired, stressed or on medication that affects driving.

**Everyone** – I'll look out for friends and loved ones by ensuring they only drive if they're fit for it, and rest if they're tired.



**sustainable**

## Sustainable

**Everyone** – I'll minimise the amount I drive, or not drive at all. I'll get about by walking, cycling or public transport as much as I can, for road safety, the environment and my health.

Sign here: