

Checklist Task for Emotion Regulation Condition

- Text will appear on the screen throughout the video, in the form of a safety message
- Each time you notice a message appearing on the screen, place a tick in the relevant box to confirm that you have noticed it.
- Each message may appear more than once, place a tick every time you see the message

Message	Tick every time you notice each message on the screen throughout the video				
Don't message your friends if you know they're driving					
Keep your phone out of reach and out of sight					
No text is worth dying for					
You need to know what YOU could be responsible for					
Make responsible choices					
Protect yourself – Don't text and drive					
Put your phone in the glove box before you set off					
Protect your friends – Don't text and drive					
You can't concentrate on the road and your phone					
Distracted driving is illegal for a reason					
Avoid distractions – put your phone on flight mode					