



Buckle Up Phone Down Day Social Media Posts

After you or your organization takes the Buckle Up Phone Down Day challenge, here are some sample social media posts you can use for Buckle Up Phone Down Day on Oct. 28, 2026. Feel free to include a photo of you and/or your team doing our "right thumb up, left thumb down" hand gesture in your post. If you'd like to create your own post, please tag us and use the hashtag #BuckleUpPhownDown.

Tag us!

- **Instagram** – @SECoalition
- **Facebook** – @SECoalition
- **X/Twitter** – @CoalitionSE

Template Posts

- We accepted the challenge to always buckle up before getting on the road and to keep our phones out of reach while driving. Join us today for Buckle Up Phone Down Day! Help save lives by taking the @MoDOT #BuckleUpPhoneDown challenge:
<https://www.modot.org/buckleupphonedown>
- Today is #BuckleUpPhoneDown Day! @MoDOT challenged us to put safety first by taking the two most important actions to prevent or survive a crash: buckling up and putting our phones away while driving. Join the movement at:
<https://www.modot.org/buckleupphonedown>
- Today is #BuckleUpPhoneDownDay, we took the challenge and so should you! Together, we can create positive change in driver behavior and create safer roads. Crashes, injuries and deaths related to distracted driving and seat belt use are preventable! Go to:
<https://www.modot.org/buckleupphonedown>
- It's BUPD Day! We're challenging all drivers to ditch the distractions while driving. Two simple actions can save lives: buckling up and putting your phone down if you're driving. Help us make the roads safer. #BUPD #BUPDDay

- 🚗 It's Buckle Up, Phone Down Day! 📵

The Missouri Department of Transportation and the Missouri Coalition for Roadway Safety, along with safety partners, schools, and businesses across the state, are promoting safe driving by reminding drivers and passengers to buckle up on every trip, every time—and drivers to put their phones down. These two simple actions can save hundreds of lives on our roads.

When we work together, we can make a difference!

- Approximately 87% of drivers and passengers in Missouri buckle up. If everyone on Missouri's roadways buckled up, an estimated 235 lives could be saved each year. You can help save a life—including your own—by simply buckling your seat belt and, if you're driving, putting your phone down. Together, we can make a difference!