



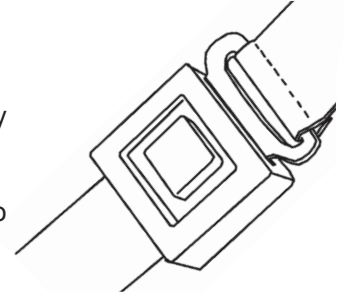
LESSON 2

Safety Belt Smarts

Student Learning Objectives:	National Health Education Standards:
1. Practice the proper wearing of a safety belt.	• Self Management
2. Analyze how personal behaviors influence safety belt and booster seat use of others.	• Analyzing Influences

Lesson Synopsis

Review the importance of safety belts. Explain and practice the proper way to use a safety belt. Identify excuses people give to not wear safety belts. Discuss how students can influence other passengers' safety. Practice responding to excuses to not use safety belts and booster seats. Summarize by reviewing the right way to wear safety belts and ways to influence vehicle safety.



Activity	Time in Minutes	Materials Needed
Introduction	1	<ul style="list-style-type: none"> • None
Teacher Input	15	<p>Health Education Materials</p> <ul style="list-style-type: none"> • Poster: "Safety Belts: Use Them Every Time You Ride...Correctly," Educational Materials Center • Video [VHS or DVD]: <i>Safety Belts: For Dummies or People?</i> General Motors (8 minutes; Extension Activity) <p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Teacher Reference: "Buckle Up the Right Way" <p>Supplied by the Teacher</p> <ul style="list-style-type: none"> • AV equipment (Extension Activity)
Application or Skill Practice	12	<p>Health Education Materials</p> <ul style="list-style-type: none"> • Safety belt, one or more <p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Student Worksheet: "No Excuses—Safety First!" • Teacher Key: "No Excuses—Safety First!" • Teacher Reference—Assessment: "Assessment Checklist for Skill Development: Safety Belt and Booster Seat Use" <p>Supplied by the Teacher</p> <ul style="list-style-type: none"> • Chair, one or more • Booster seat (Suggestion) • Pencils or pens
Closure	2	<p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Student Worksheet: "Safety Belt and Booster Seat Chart" (Extension Activity) • Family Resource Sheet: "Buckle Up for Safety" • Student Self-Assessment Checklist: "Safety Belt and Booster Seat Use"
TOTAL	30	

Preparation

Prior to the Lesson:

- **Decide if you want to assess** student skill development. A checklist, “Assessment Checklist for Skill Development: Safety Belt and Booster Seat Use,” is provided for you to use at the end of this lesson.
- **Decide if you want students to assess** their own progress. **Duplicate** the checklist, “Safety Belt and Booster Seat Use,” for students if you plan to have them use it.
- **Invite a parent or staff member** to help with the safety belt practice session. This will be essential if you use more than one safety belt.

For Teacher Input:

- **Read** the teacher reference, “Buckle Up the Right Way.”
- **Display the poster**, “Safety Belts: Use Them Every Time You Ride...Correctly.”

For Application or Skill Practice:

- **Prepare a safety belt and chair** to allow students to practice fastening and wearing a safety belt properly. Set up more than one safety belt practice station if possible. If you have access to a booster seat, bring it to class for students to see and for students of appropriate size to sit in as they practice.
- **Duplicate** the student worksheet, “No Excuses—Safety First!” for each student.
- **Read** the teacher key for the worksheet.

For Closure:

- **Duplicate** the family resource sheet, “Buckle Up for Safety,” for students to take home.
- **Duplicate** the student worksheet, “Safety Belt and Booster Seat Chart,” for students to take home. (Extension Activity)




Time-Saver Tip: During the Application or Skill Practice, assign different rows or groups of students one or two excuses from the student worksheet, “No Excuses—Safety First!” Be sure all of the excuses are assigned. Then, have the rows or groups share their answers with the class. Another option is to complete the first three or four excuses and save the remainder for a later time.

Obtain more than one safety belt and set up several safety belt chairs. Elicit the help of a parent or other school staff member to help students at each safety chair.

LESSON PROCEDURE


Introduction: Recognize that many people wear safety belts for protection.


Approximately 1 minute

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Review basic safety belt information.	<p><i>If you think it's smart to wear a safety belt, point to a part of your body that a safety belt can help protect.</i></p> <p>Students may point to their head, chest, and stomach.</p> <p><i>Think of people who always wear safety belts. Raise your hand if you want to pantomime what that person does.</i></p> <p>Answers: airplane pilots, police officers, truck drivers, race car drivers, etc.</p> <p><i>Who can remember our state's safety belt law for people your age?</i></p> <p>Answer: Michigan law requires children from birth to age 8 to use a child safety seat or booster seat unless they are 4'9" tall. From age 8 or 4'9" tall until age 16, people must wear a safety belt, no matter where they sit in the vehicle. If someone is over 16 years of age, he or she must wear a safety belt if riding in the front seat.</p>	 <p>If you are teaching this lesson outside Michigan, check the laws of your state.</p>
State the focus of the lesson.	<p><i>Today we will learn how to use safety belts properly. We will also talk about how we can influence others to use safety belts and booster seats.</i></p>	

Teacher Input: Review how safety belts protect passengers. Explain and demonstrate proper safety belt use. Discuss how to influence others to be safe passengers.

Approximately 15 minutes







Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Review how safety belts protect passengers.	<p><i>How does a safety belt help to protect you?</i></p> <p>Answers:</p> <ul style="list-style-type: none"> • Safety belts save lives. • Safety belts protect passengers from being thrown against the inside of the car or out of the car. • Safety belts make a person's body stop more slowly in a crash. • Safety belts spread the force of a crash across stronger bones and a larger area of the body (the hips and chest). 	 <p>Show the video, <i>Safety Belts: For Dummies or People?</i> and discuss it with the class.</p>

<p>Explain the proper way to use a safety belt. Use the poster, "Safety Belts: Use Them Every Time You Ride... Correctly," to help illustrate.</p>	<p><i>Let's learn the right way to wear a safety belt.</i></p> <p>Point to each idea on the poster.</p> <ul style="list-style-type: none"> • <i>The seatback in the vehicle should be upright.</i> • <i>NEVER wear a shoulder belt behind your back or under your arm. In a crash, it could break your ribs or make your head hit something.</i> • <i>Never wear a shoulder belt without a lap belt; they must both be fastened.</i> • <i>Keep the shoulder belt snug and away from your neck and face. If the shoulder belt crosses your face or throat, use a booster seat or move to a seat that has only a lap belt.</i> • <i>When using a lap belt only or a lap-shoulder belt, the lap belt portion should be snug and buckled low across your hips. Do NOT place the belt across your stomach.</i> • <i>If you are less than 4'9" tall, you need a booster seat in order for safety belts to fit properly. There are two kinds of booster seats: one without a back and one with a high back. Your parents can help determine which is best for you.</i> <p><i>Sometimes it is hard to find the safety belt when it gets stuck or lost in the seat. If this happens, ask the driver to help you.</i></p>	 <p>If you have access to a booster seat, bring it to class for the students to see and possibly try if their body size is small.</p>
<p>Demonstrate the proper wearing of a safety belt.</p>	<p>Sit in the safety belt chair and show the students how to fasten the belt and adjust it low over the hips. Show how to adjust the shoulder strap over the chest.</p> <p>Remind the students that they need to use a booster seat to get the proper fit if they are less than 4'9" tall.</p> <p><i>In a few minutes, you will have a chance to try on the safety belt to see if you can put it on correctly.</i></p>	
<p>Identify excuses to not wear a safety belt.</p>	<p><i>Perhaps you know some people who do not always use safety belts. It might be your friend or even your parent or grandparent. What excuses have you heard people give for not wearing their safety belt?</i></p> <p>Answers:</p> <ul style="list-style-type: none"> • Safety belts are uncomfortable or inconvenient. • I'm not going far, and I won't be going fast. • There are air bags in my car, so I don't need to wear a safety belt. • I'm a good driver, so I won't get into an accident. • It's not cool to wear safety belts. 	

<p>Discuss how students can influence the vehicle safety of others.</p>	<p><i>You can try to influence people who do not wear safety belts to be safe drivers and passengers.</i></p> <p><i>Raise your hand if you have a younger brother or sister.</i></p> <p><i>Keep your hand raised if he or she ever imitates things you say or do.</i></p> <p><i>Why do younger children or friends sometimes imitate what we do?</i></p> <p>Answer: Because they look up to us.</p> <p><i>Our actions are very powerful because children, and even adults, may imitate or be influenced by what we say and do.</i></p> <p><u><i>Modeling safe behaviors</i></u> and using your safety belt is one way you can influence others.</p> <p>Another way is to <u><i>give the person the facts</i></u> about the situation. Tell him or her what the danger is.</p> <p>Telling the person that you <u><i>care about his or her safety</i></u> is another way.</p> <p>Write these three ideas for influencing others on the board.</p>	
<p>Identify ways to influence others in a hypothetical situation.</p>	<p><i>Imagine this situation: you get into the car with your younger brother, sister, or friend. He or she should ride in the booster seat, but doesn't want to. How can you influence him or her to be safe and ride in the booster seat?</i></p> <p>Answers:</p> <ul style="list-style-type: none"> • Set a good example by wearing your safety belt. • Give a fact or reason to use the booster seat. For example, explain how an adult safety belt isn't safe yet. • Tell the child that you used/use one because it's cool to be safe. • Tell the child that you care about him or her and don't want him or her to get hurt. 	




Application or Skill Practice: Practice responding to excuses for not following vehicle safety rules or laws. Practice buckling a safety belt so it is worn correctly.

Approximately 12 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Distribute the student worksheet, "No Excuses—Safety First!" Have students respond to unsafe safety belt excuses.</p> 	<p><i>Your worksheet has several excuses people might say if they don't want to wear their safety belt or use their booster seat. Read each excuse and write an answer that will encourage them to be safe.</i></p> <p>Allow the students a few minutes to record their ideas.</p> <p><i>I'm going to say an excuse for not wearing a safety belt. I'll call on someone to respond to the excuse in a way that will encourage me to wear my safety belt while riding or driving. As we go through the excuses, write down more ideas for ways you could respond on your worksheet.</i></p> <p>If time permits, give each student a chance to respond. Encourage students to think of different responses to each excuse.</p>	 <p>Use the checklist provided at the end of the lesson if you want to assess students' skill development.</p>   <p>If reading and writing their responses to the excuses will be take too much time, assign different rows or groups of students one or two excuses so that all of the excuses are assigned. Then, have the rows or groups share with the class. Another option is to save some of the excuses for a later time.</p>  <p>If you prefer, give each student a chance to respond to an excuse at the station where they practice fastening their safety belt.</p>
<p>Practice the proper wearing of a safety belt.</p>	<p><i>Let's practice wearing a safety belt the right way. I will call a few of you at a time to come over to our safety belt chair and practice buckling and tightening the safety belt so that it is low and tight.</i></p> <p>Continue until each child has practiced the correct procedure.</p>	 <p>If possible, obtain additional safety belts to make the practice go more quickly. Have another adult assist.</p>

Closure: Review proper safety belt use and how to influence other people's safety.

Approximately 2 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Review proper safety belt use.</p>	<p><i>Let's review the right way to wear a safety belt. How should the lap belt fit?</i></p> <p>Answer: low and snug across the hips</p> <p><i>Point to the part of your body that the safety belt should NOT go across.</i></p> <p>Answer: the stomach</p> <p><i>Raise your hand if you think it's okay to put the shoulder belt behind your back or under your arm.</i></p> <p>Answer: It's NEVER okay.</p> <p><i>What should you do if your safety belt doesn't fit properly?</i></p> <p>Answer: Use a booster seat.</p> <p><i>What should you do if you can't find the safety belt in a vehicle?</i></p> <p>Answer: Ask the driver for help.</p>	 <p>Have each student be a "passenger safety inspector" for his or her family. He or she should check that everyone is using a safety belt, that small children are in proper safety seats, that doors are locked, etc. Use the student worksheet, "Safety Belt and Booster Seat Chart," if you want students to keep records.</p> 
<p>Identify ways to help keep other passengers safe.</p>	<p><i>How can you help other passengers be safe?</i></p> <p>Answers:</p> <ul style="list-style-type: none"> • Be a good example and always wear a safety belt. • Sit in the back seat. • Practice the vehicle safety rules. • If people give excuses to not wear safety belts, use the facts we learned to state the importance of buckling up and/or tell them that you care about them and want them to be safe. 	
<p>Distribute the family resource sheet, "Buckle Up for Safety."</p> 	<p><i>Today when you go home, tell your family what you learned about safety belts. You could even practice buckling a safety belt with your family to make sure everyone knows the proper way!</i></p>	
<p>State the focus of the next health lesson.</p>	<p><i>In our next health lesson, we will talk about safe and unsafe situations. We'll also talk about what to do if you are in an unsafe place.</i></p>	

Have students assess how well they are using safety belts and booster seats several days after teaching this lesson.

Distribute the student self-assessment checklist, "Safety Belt and Booster Seat Use."

Ask students to think about times when they have ridden in a car or truck.

Explain how to use the checklist to assess how well they are using safety belts and booster seats.



Use the checklist provided at the end of the lesson if you want to assess students' skill development.



You may need to help students by reading the questions on the checklist aloud.



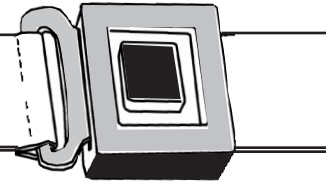
Collect the checklists and/or encourage students to take them home to share with families.





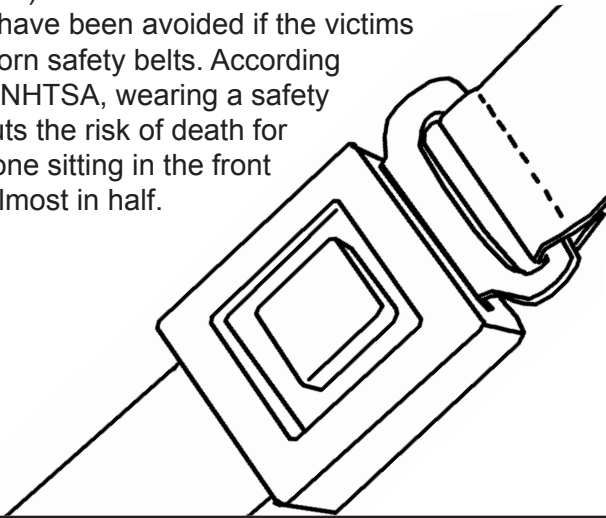
Buckle Up the Right Way

This lesson teaches students the proper way to wear a safety belt. It also teaches them how their words and actions can influence the safety of others.



How Important Are Safety Belts?

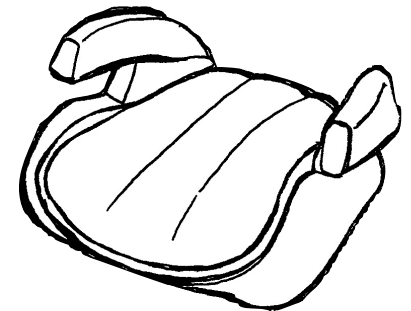
Safety belts save roughly 13,000 lives in the United States each year, according to the National Highway Traffic Safety Administration (NHTSA). Thousands of car crash fatalities could have been avoided if the victims had worn safety belts. According to the NHTSA, wearing a safety belt cuts the risk of death for someone sitting in the front seat almost in half.



When Is a Child Ready for an Adult Safety Belt?

Booster Seats First!

From birth until eight years of age, children should use child safety seats or booster seats unless they are 4'9" tall. An adult safety belt does not properly fit a child under 4'9" tall. In a crash, an improperly fitted safety belt can be deadly. Booster seats make a vehicle's lap and shoulder belt fit properly, and they protect a child's stomach, chest, and throat in a crash. Booster seats also allow a child's legs to bend normally. When a child is 4'9" tall, the safety belt should fit properly without the use of the booster seat.



How Should a Safety Belt Fit?

In the lesson, you will teach students the following information about how to properly wear a safety belt:

- The seatback in the vehicle should be upright.
- A child should NEVER wear a shoulder belt behind his or her back or under an arm. In a crash, it could cause internal injuries, break ribs, or allow the child's head and chest to strike something.
- A child should never wear a shoulder belt without a lap belt; they must both be fastened.
- A child should keep the shoulder belt snug and away from his or her neck and face. If the shoulder belt crosses the face or throat, the driver should use a booster seat. Sometimes moving the seat forward or backward adjusts where the safety belt rests and can relieve uncomfortable rubbing.
- When using only a lap belt or a lap-shoulder belt, the lap belt portion should be snug and buckled low across the hips. Do NOT place the belt across the stomach.

Children should be encouraged to ask for help if they can't find a safety belt or if they don't think it fits properly.



What Else Should a Child Know About Vehicle Safety?

To help keep themselves safe, children should also know:

- Never be held in an adult's lap. In a crash, the child will most likely be crushed or torn from the person's arms.
- Never be buckled into one belt with another person. This could seriously injure both passengers.
- Never ride in the cargo area of a station wagon, van, or pickup truck. Anyone riding in the cargo area could be thrown out and severely injured or killed.

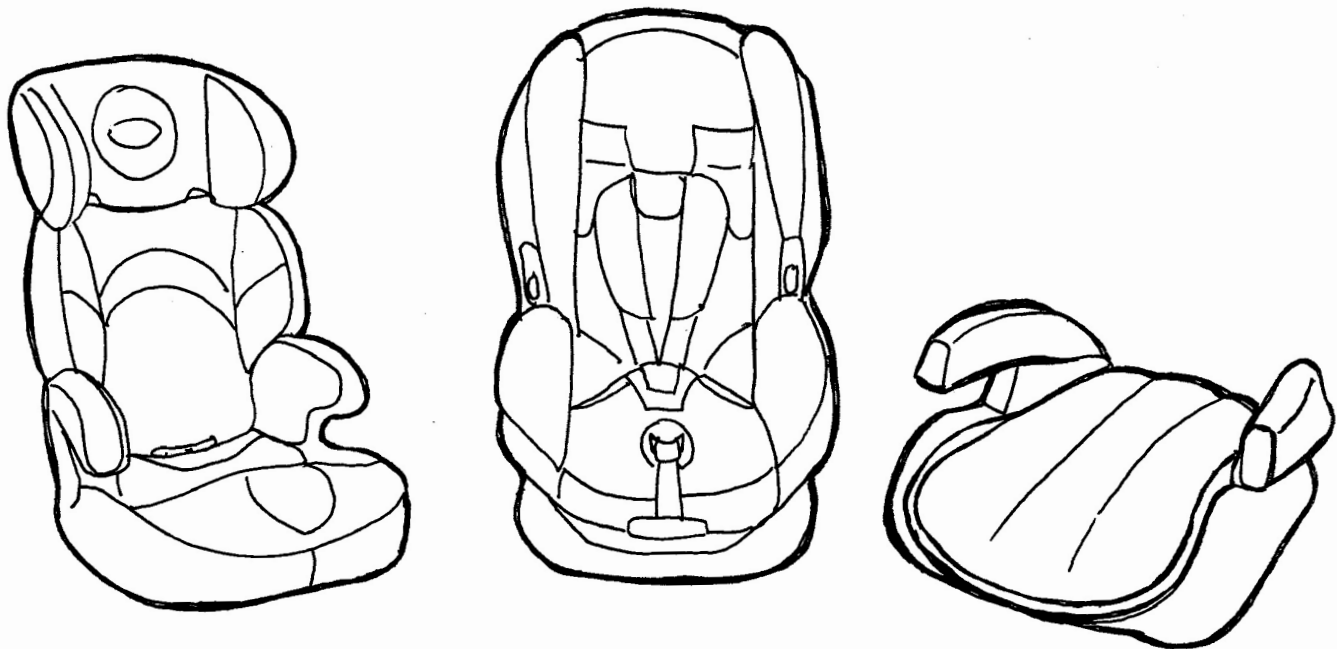
Find Out More

For additional information on safety belts and traveling safely with children, see "Transportation Safety Tips for Children." The article is available at <http://www.nhtsa.dot.gov/people/injury/childps/newtips/>.

You can also obtain more information by calling the Department of Transportation Auto Safety Hotline toll-free at 1-888-327-4236.

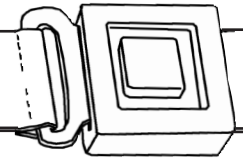
For more information on Michigan's safety belt laws and other vehicle safety issues, visit the Office of Highway Safety Planning at www.michigan.gov/ohsp or call 517-336-6477.

For laws in other states, start your search at the home page of the state's governmental website.





No Excuses—Safety First!



Directions:

These are excuses for not using safety belts or booster seats. For each excuse, write what you would say to get the person to buckle up.

Excuse 1: “I don’t like the way safety belts feel.”

Response: _____

Excuse 2: “We’re not going very far. We won’t be going very fast.”

Response: _____

Excuse 3: “There are air bags in my car. I don’t need to wear a safety belt.”

Response: _____

Excuse 4: “She doesn’t need a booster seat. She’s big enough to use a regular safety belt.”

Response: _____

Excuse 5: “I’m a good driver. I won’t get into an accident.”

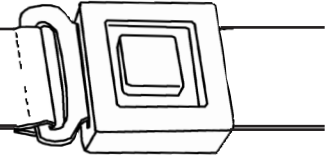
Response: _____

Excuse 6: “It’s not cool to wear safety belts.”

Response: _____



No Excuses—Safety First!



Directions:

These are excuses for not using safety belts or booster seats. For each excuse, write what you would say to get the person to buckle up.

Excuse 1: “I don’t like the way safety belts feel.”

Response: “Maybe, but once you get used to wearing a safety belt, it will seem normal. And if you’re not wearing your safety belt in a car crash, you could slam into the dashboard, another person, or through a window. This would be much more serious and uncomfortable than getting used to a safety belt. I care about you and don’t want to visit you in the hospital.”

Excuse 2: “We’re not going very far. We won’t be going very fast.”

Response: “Most people die in car crashes within 25 miles of home, at speeds of less than 40 miles per hour. Driving to school, to a neighbor’s house, or to the store can be dangerous if you don’t wear a safety belt. I don’t want you to get hurt.”

Excuse 3: “There are air bags in my car. I don’t need to wear a safety belt.”

Response: “Air bags help in head-on crashes, but you could slide under the air bag if you’re not wearing a safety belt. And it won’t help if you get hit from the side or the rear.”

Excuse 4: “She doesn’t need a booster seat. She’s big enough to use a regular safety belt.”

Response: “Unless she is 4’9” tall, a regular safety belt will not protect her properly. If a child is under 4’9” tall, she should use a booster seat. Otherwise, she could be injured by the safety belt.”

Excuse 5: “I’m a good driver. I won’t get into an accident.”

Response: “You may be a good driver, but you can’t control other drivers on the road. Even if you are driving safely, there could be a drunk driver around the next curve. Buckle up to be safe. Your life is worth staying safe. It’s not worth the risk!”

Excuse 6: “It’s not cool to wear safety belts.”

Response: “That’s not true. Airplane pilots, police officers, race car drivers, and smart kids wear their safety belts. They know it could save their life.”

Adapted from the Office of Highway Safety Planning website: www.michigan.gov/ohsp



Safety Belt and Booster Seat Chart

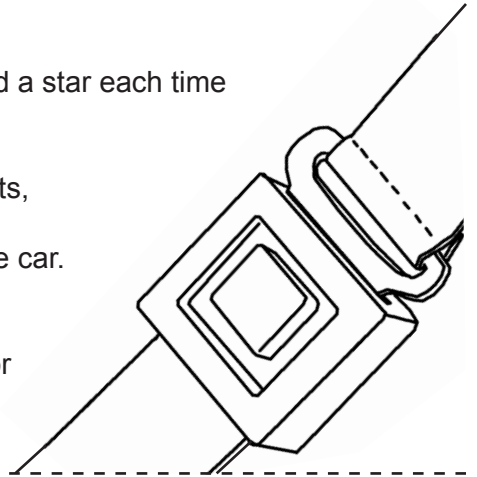
Directions:

Keep this chart in the car you ride in most often.

- Put a check mark on the chart each time you get into the car and a star each time you buckle your safety belt.
- Add a star every time you use a booster seat if you need one.
- Add another star if everyone else in the car uses their safety belts, booster seats, and child safety seats, too.
- Then write a "safety tip" you followed while you were riding in the car.

After five days, share your chart with your family!

- If you wish, bring it back to school and show it to your teacher for extra credit. Put your name on your chart right now!



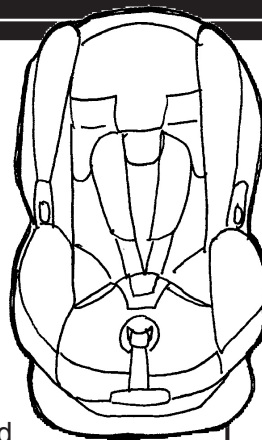
My name is:	Day 1	Day 2	Day 3	Day 4	Day 5
I buckled my safety belt.					
I used my booster seat if I needed one.					
Everyone else in the car used their safety belts, booster seats, and child safety seats.					
I followed this safety tip in the car.	Day 1: Day 2: Day 3: Day 4: Day 5:				

Buckle Up for Safety



Remember: Two Critical Rules for Passenger Safety

- Use a safety belt and be sure it fits right. Safety belts save thousands of lives each year.
- Children should sit in the back seat.



Michigan Safety Belt Laws

- **From birth until eight years old:** Children must be properly restrained in an approved child safety seat or booster seat in either the front or rear seat unless they are 4'9" tall.
- **From age eight or 4'9" tall until age sixteen:** Children must wear a safety belt whether sitting in the front or rear seat.
- **All people of all ages:** When sitting in the front seat, everyone must wear a safety belt.



Air Bag Alert

The Facts

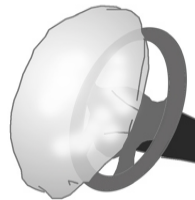
Air bags protect people when in head-on crashes. This kind of crash

causes more than half of all passenger deaths. Air bags have reduced the risk of death in these types of crashes by 30 percent.

However, air bags pose a danger for young children. An air bag comes out of the dashboard as fast as 200 miles per hour. This force can hurt people sitting too close to it. Air bags can be fatal when children ride in the front seat, especially if their safety belts don't fit right.

Air Bag Safety Tips

- Do NOT put infants in a rear-facing safety seat in the front seat. The seat is too close to the air bag. If there is no back seat and no way to turn off the air bag, move the front seat as far back as possible and use a front-facing infant safety seat.
- The safest place for a child to ride is in the back seat, buckled up in a safety seat suitable for his or her size. Children are up to 29 percent safer riding in the back seat than the front seat, whether the car or truck has an air bag or not.
- If a child must ride in a pickup truck with no back seat, move the seat as far back as possible and turn the air bag off.
- Drivers and all adult passengers, especially people under 5'5" tall, should be properly belted. Move front seats back as far as possible.



What Else Should I Know About Traveling With Children?

Keep these safety rules in mind:

- Never hold a child on your lap. In a crash, the child will most likely be crushed or torn from your arms.
- Never buckle up two children into one belt. This could seriously injure both passengers.
- Never ride or let a child ride in the cargo area of a station wagon, van, or pickup. Anyone riding in the cargo area could be thrown out and severely injured or killed.

Want More Information?

Phone these organizations or visit their websites:

- Toll-free Department of Transportation Auto Safety Hotline: 1-888-327-4236
- National Highway Traffic Safety Administration: www.nhtsa.gov or 1-888-327-4236
 - Check out the article, "Transportation Safety Tips for Children."
- Michigan Office of Highway Safety Planning: www.michigan.gov/ohsp or 517-336-6477
- If you live in another state, find out what laws it has. Begin by visiting the governmental website for your state. If you travel in other states, research their laws, too.



Assessment Checklist for Skill Development: Safety Belt and Booster Seat Use

The following table can be used as a checklist for assessing student skill development. The checklist can also be used as an analytic rubric for scoring student work by assigning a numeric value to the skill levels: Not evident, Emerging, and Evident.

If you assign a numeric score value to the student’s skill level, you can use it in a variety of ways.

- You can assign the same weight to each element of the skill. For example, in a skill having three elements, the student would receive 5 points for each element performed correctly. The student could receive a total score of 15 points.
- You could weight the elements of the skill differently. For example, the student could earn up to 5 points for the first element, up to 9 points for the second element, and one point for the third element, for a maximum total of 15 points.

The student has demonstrated the following elements of this skill through role play, written assignments, or classroom activities.

	Not evident	Emerging	Evident	Comments
Student responded to unsafe safety belt and booster seat excuses by:				
Modeling his or her own use of safety belts or a booster seat.				
Giving a fact or reason to use a safety belt or booster seat.				
Expressing caring and stating the importance of staying safe and avoiding injuries.				
Student demonstrated the proper wearing of a safety belt:				
The vehicle seatback was upright.				
The shoulder strap was snug.				
The shoulder strap was in the correct place across the body and away from the neck and face.				
If needed, a booster seat was used.				
Both the shoulder and the lap belt were used.				
The lap belt was snug across the hips and not on the stomach.				
The student asked for help if needed.				



Safety Belt and Booster Seat Use

Directions:

- Think about times when you have ridden in a car or truck.
- Answer the questions by putting an “X” in the “no” or “yes” column.
- If you answer “yes,” then mark if it was easy or hard to do.

The last time you rode in a car or truck:	No	Yes	If I answered yes, it was...	
			hard.	easy.
Did you buckle your safety belt?				

If someone made an excuse not to use his or her safety belt when riding in a car or truck:	No	Yes	If I answered yes, it was...	
			hard.	easy.
Did you state a fact or reason to use a safety belt or booster seat?				
Did you tell the person that you cared about him or her and wanted him or her to stay safe and avoid injuries?				

Answer these questions by putting an “X” in the “Never,” “Sometimes,” or “Always” column.

When you ride in a car or truck:	Never	Sometimes	Always
Do you put the vehicle seatback upright?			
Do you keep the shoulder strap snug?			
Do you keep the shoulder strap in the correct place across your body and away from your neck and face?			
Do you use a booster seat if needed?			
Do you use both the shoulder and the lap belt?			
Do you keep the lap belt snug across your hips and not on your stomach?			
Do you ask for help if you need it?			