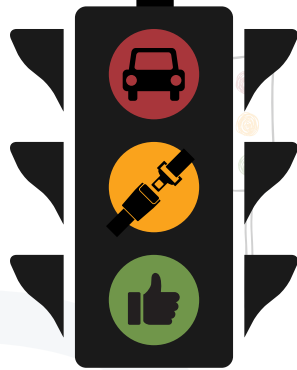


Child Passenger Safety Program



Ready?
Safe?
Go!

Buckle up!

NORTH
Dakota
Be Legendary.

Health & Human Services

VISION ZERO

Child Passenger Safety Program to Protect Young Lives

Key Messages:

- Seat belts save lives
- Use boosters until about 4'9 inches tall
- Children 12 and younger should ride in the back seat
- Everyone should ride buckled up, every trip and every time
- Not only should you buckle up, but you should make sure to wear seat belts correctly

Activity	Kindergarten-Grade 2	Grades 3-6
Introduction	<ul style="list-style-type: none">• Who should buckle up?	<ul style="list-style-type: none">• Who should buckle up?• Seat belt demonstration
Crash Dynamics	<ul style="list-style-type: none">• What happens in a crash?• Egg crash• Vehicle positioning with chairs	<ul style="list-style-type: none">• Egg crash• Vehicle Positioning with chairs• Correct usage photos
Additional Materials	<ul style="list-style-type: none">• Activity Pages• "The Right Fit" book• Crash video links	<ul style="list-style-type: none">• Crash video links

Talking Points K-2

Who Should Buckle Up?

Are you ready?

Are you riding in the back?

If you are age 12 and younger, the back seat is the safest place for you to be.

- Why? The back seat is safer, plus the front seat likely has airbags. Airbags are designed to keep someone of adult size safe in a crash and can be unsafe for a child.
- Even if a child is big enough to wear an adult seat belt, that does not mean they are big enough to sit in the front seat. The front seat is for teens and adults. Stay on the safe side and stay in the back if you are age 12 or younger.

Are you safe?

Are you buckled?

Everyone should buckle their seat belt whenever they get into a vehicle! This isn't just for kids, but also for adults, including moms, dads, grandparents, teachers, and others. No one knows when a crash will happen. It's best to play it safe and buckle up morning, noon and night and on short or long trips.

- Why everyone? A crash can happen at any time. Increase the safety of all passengers in the car by buckling up. Unbuckled people can injure those who are already wearing seat belts.
- Because children are smaller than adults, they need special seats that give them the same protection that a seat belt gives an adult. The seats change in size and shape as children get older and grow.
- Wearing a seat belt is the law in North Dakota and all over the United States. That's because seat belts keep the people who wear them safe. A driver can get a ticket if anyone in the car is not buckled. In North Dakota, a driver can also get pulled over if a child under the age of 8 is not properly buckled into a car seat or booster seat. This is for your safety! Sometimes wearing a seat belt is not enough to protect you if you are not big enough.

What seat is right for you?

Doctors and scientists are always working to keep safety a top priority for children riding in vehicles. They put a lot of work in to their recommendations to keep you safe, so you should follow their instructions.

- Everyone grows at a different pace. Two children with the exact same birthday might be in two different types of seats. It's not a race to the next type of car seat – it's about what will protect you the best.
- There are several types of car seats that work for elementary age children. The smallest children should ride in forward-facing seats with harnesses, larger children should use a booster seat, and no one should wear a seat belt until they fit into it properly. (Lap belt low on hips and shoulder belt centered across the chest)

- Did you know that less than half of children who should be in booster seats use them? Most children are ready for an adult seat belt between the ages of eight and twelve, depending on their height.

Go!

If You are Ready?, If you are Safe?, Then you can Go!

Once you have done everything to be ready and safe in the car, it's okay to start your trip.

- **Seat belts keep you safe.** Many people are injured and even killed in traffic crashes every year. Being properly buckled up saves lives and reduces injuries. Hopefully you will never be in a crash. The best thing you can do to protect yourself, your friends and family, is to make sure everyone buckles up.
- **Seat belts are the law in North Dakota.** Our law says that a driver, will get pulled over and receive a ticket if they are seen transporting a child who is not buckled up. Tickets are expensive and they can ruin an adult's day.
- **Buckling up is smart!** Protecting yourself is as easy as a simple click. No one wants to get hurt, but a crash can happen to anyone at any time; play it safe, buckle up. Seat belts or harnesses should be worn nice and snug to your body, not loose. Don't put the seat belt behind your body or under your arm pit; this practice is unsafe.



Hands-On Activity K-2

What Happens in a Crash?

Key Points

- Buckling up prevents being thrown out of the car when in a motor vehicle crash.
- Injury can be prevented if passengers are buckled up or secured in a child restraint (car seat).
- Everyone should always buckle up to avoid being injured in a crash.

Equipment Needed

- Eggs
- Plastic bags (sealable sandwich bags)
- Toy car
- Tape

Activity

- Ask the children to raise their hands if they always sit in a car seat or wear a seat belt while traveling.
- Explain that, in this activity, the egg will represent a passenger, while the tape represents a seat belt or properly buckled car seat.
- Place the egg in a baggie and then into the toy car, strapping it in place with tape.
- Slide the car into a wall.
- Ask the children what happened to the egg. (Egg should be intact).
- Repeat this activity, but this time without the tape on the egg.
- Ask the children what happened to the egg this time. (Egg should be cracked). Ask children to describe what could happen to a person not wearing a seatbelt.
- Repeat activity to reach all children in the group.

Discussion Points

- Child restraints (car seats, booster seats and seat belts) save lives when used properly. If children buckle their seat belts, they have a much greater chance of remaining safe in a car crash.
- Discuss with the children that they can be seriously hurt or killed in a motor vehicle crash if they are not buckled up properly, and that you don't want it to happen to them or someone they love. INJURIES ARE PREVENTABLE.
- Talk about how their parents and grandparents should always be buckled up in the car to prevent them from getting hurt in a crash. Share with them that they need to remind their parents how seat belts save lives and they need to be kept safe just like themselves.

Hands-On Activity K-2

The Safest Location

Key Points

- Where you sit in the car is important.
- Children under 13 years of age should never sit in the front seat.
- The back seat of the vehicle is the safest. (From air bag and frontal crash)
- Passengers should not disrupt or distract the driver.
- Never throw objects in the car or out the window.
- Children should be role models for their siblings and friends.

Equipment Needed

- Chairs
- Activity sheet for children with a drawing of the inside of a car
- Markers, crayons, paper
- Balloon
- Traffic safety mazes and games to extend the activity

Activity

- Arrange two rows of chairs to simulate the front and back seat of a car.
- Ask the children: Where do you sit in your family's car? Ask three children to demonstrate where they sit in a vehicle. Discuss the positions they sat in to help the class determine the safest place to sit.
- The safest spot for a child to sit is buckled in the back seat.
- Ask the children: Who knows what an airbag is? Why do cars have airbags? Where do you think the airbags are in your car?
- Discuss with the children the dangers of an airbag by blowing up a balloon and then popping it. Explain that an airbag deploys with FORCE. The force can hurt a child in a crash.
- Ask the children: How do you behave when riding in the car? Give me some examples of improper behavior while riding in the car. What are some rules we should follow when going places in the car?
- Give examples of proper and improper behavior.
 - Proper behavior includes staying seated quietly in a child safety seat or in a seat belt throughout the entire trip, whether short or long.
 - Improper behavior includes getting out of your child safety seat or seat belt, moving around in the vehicle, standing up or lying down in the vehicle, throwing objects in or out of the vehicle, screaming, arguing, hitting, or fighting with siblings etc..
- Remind the children that they should never take off their seat belts or get out of their car seat while riding in a moving vehicle. This could cause serious injuries if they were in a crash.

Discussion Points

- Discuss with the children that you should never sit in the front seat or on someone's lap in the vehicle. Reinforce:
 - Airbags can cause serious injuries to children riding in the front seat.
 - The importance of children riding in the back seat until they are 13 years old.
 - The back seat is the safest place in the car.
- Discuss with the children, activities that they can do to occupy their time while traveling in a vehicle. Examples may include reading a book, listening to music, or playing travel games.



Talking Points 3-6

Who Should Buckle Up?

Are you ready?

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- Why? The back seat is safer, plus the front seat likely has airbags. Airbags are designed to keep someone of adult size safe in a crash and can be unsafe for a child.
- Even if a child is big enough to wear an adult seat belt, that does not mean they are big enough to sit in the front seat. The front seat is for teens and adults. Stay on the safe side and stay in the back if you are age 12 or younger.

Are you safe?

Are you buckled?

Everyone should buckle their seat belt whenever they get into a vehicle! This isn't just for kids, but also for adults, including moms, dads, grandparents, teachers, and others. No one knows when a crash will happen. It's best to play it safe and buckle up morning, noon and night and on short or long trips.

- Why everyone? A crash can happen at any time. Increase the safety of all passengers in the car by buckling up. Unbuckled people can injure those who are already wearing seat belts.
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What seat is right for you?

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- Everyone grows at a different pace. Two children with the exact same birthday might be in two different types of seats. It's not a race to the next type of car seat – it's about what will protect you the best.
- There are several types of car seats that work for elementary age children. The smallest children should ride in forward-facing seats with harnesses, larger children should use a booster

seat, and no one should wear a seat belt until they fit into it properly. (Lap belt low on hips and shoulder belt centered across the chest)

- Did you know that less than half of children who should be in booster seats use them? Most children are ready for an adult seat belt between the ages of eight and twelve, depending on their height.

Go!

If You are Ready?, If you are Safe?, Then you can Go!

Once you have done everything to be ready and safe in the car, it's okay to start your trip.

- **Seat belts keep you safe.** Many people are injured and even killed in traffic crashes every year. Being properly buckled up saves lives and reduces injuries. Hopefully you will never be in a crash. The best thing you can do to protect yourself, your friends and family, is to make sure everyone buckles up.
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Talking Points 3-6

Crash Dynamics

Car Crashes

Crashes happen every day. Some crashes cause cars to receive minor repairs and some destroy the car. Either way, it is best to be buckled up if a crash occurs.

What happens in a crash?

- A crash occurs when a moving vehicle hits another moving vehicle or non-moving object (like a tree, pole or stopped vehicle). Before the crash, both the car and the people in it are traveling at the speed the vehicle is going.
- When the car stops moving in a crash, the people in it keep moving until something stops them from moving. Hopefully the something that stops them is a seat belt.

Why seat belts are so important?

A seat belt keeps you in place and helps you slow down with the vehicle in a crash. It also keeps you from coming into contact with parts of the car and other passengers. With a seat belt on, you will stay right where you are sitting. Without a seat belt, you will be thrown wherever the force of the crash takes you. Being thrown is the easiest way to be hurt in a crash.

- A seat belt spreads the force of the crash across your whole body, including your strong shoulders and hips. That is a lot safer than being thrown from the car.

Suggested Activities

Example of a “crash force”

Poke your arm with your finger, putting pressure in the same spot

- Do you feel it in one place or all over? If you did it hard enough and long enough, could it possibly cause a bruise or sore spot?

Now use the palm of your hand with the same pressure. Does it feel the same?

- The force has been spread to a wider area and it's not as intense. That's a quick example of what spreading the force is.

Other demonstrations for a crash

Egg crash:

Material needed: a large toy car in which it is possible to tape an egg into the seat, tape, zip lock bags, newspapers and cleaning supplies.

Directions: Place two uncooked eggs into a toy car. Draw faces on them or label them if you wish. Place both separately in a zip lock bag. Tape one egg to the toy car's seat to simulate a

seat belt. Put the other egg in unbelted/untaped. Give the car a good push and let it “crash” into a wall. Usually this will result in the belted egg staying in place while the unbelted egg will break.

Crash test videos:

- Unbuckled child in front seat versus back seat in booster <http://youtube/Cgjc62RAwuY>
- With and without booster seat <http://www.youtube.com/watch?v=AccYpfcELTs>



Talking Points 3-6

Seat Belt Demonstration

Show and Tell

What does a seat belt do?

- Holds a person in place in a crash or during a quick stop, keeping them from banging around the car or worse, being thrown out of the car onto a busy road.
- Seat belts make it easier for your body to come to a stop, because the belts spread out the forces of the crash over the strongest parts of the body. The strongest parts are the shoulders and hips. When the forces are shared throughout the body, it makes it less likely you will be seriously hurt.

What is it made out of?

- Seat belts and car seat straps are made from thick, sturdy webbing fabric that's held in place with plastic/metal fittings and a buckle.
- Car safety engineers are always looking to improve the quality of seat belts to keep you as safe as possible.

Do you need to wear both parts of the seat belt?

- The shoulder belt and the lap belt work together to keep you safe in a crash. The lap belt holds you in your seat so you are not tossed out of the car during a crash. The shoulder belt is designed to protect your upper body from hitting the seat in front of you.
- If available you should always wear both.

Is there a wrong way to wear a seat belt?

- There are many seat belt misuses.
- It's very important to be both the right size for a belt and to wear it correctly. The lap belt should rest on your thighs, by your hips. The shoulder belt should rest on your shoulder, between your neck and arm (not on your face or on your neck). Never put the shoulder belt behind your body or under your arm. It is supposed to rest on your bones and not your stomach.

Air Bag Explanation:

What does an airbag do?

An airbag inflates quickly - In less than a second- to provide a cushion that slows down crash forces and protects you.

Where are airbags in cars?

Usually airbags are in front of the driver and passenger seats. Many cars are also equipped with side airbags.

How does an air bag work?

When a car is in a collision, a sensor in the front bumper (and side) tells the airbag to inflate. A chemical reaction then occurs, which causes the bag to pop out quickly. After the bag had inflated, it deflates quickly, so the person in the car can move again.

Are air bags safe for kids?

No. Airbags are meant to protect adults. Anyone who sits too close to the air bag or is unbuckled by an air bag is not safe. Children ages 12 and under should always ride in the back seat.

Types of car seats and seat belt fittings:

Intro for any class: There are car restraints for children of all ages, from newborn babies to high school graduates. Since there are no babies or toddlers here, we'll skip right to the forward facing car seat.

Forward Facing Car Seats:

Most of you have probably spent time in a forward facing car seat with harnesses and some of you may still be using one depending on your size. Safety experts are learning more and more how much safer car seats are for growing kids, so the experts are telling us to keep you all in car seats/boosters for as long as possible- before going into a seat belt.

- **Why It's Best:** Car seats provide extra protection for the head, neck and torso, If someone is a smaller size, car seats with harnesses provide the right fit, better than a seat belt would. Harnesses spread the crash forces over a larger area of the body and keeps the body in proper position in case there is a crash.
- **When to Stop Using It:** When a child reaches the top height or weight for the seat. What those limits are depends on the seat you have.
- **Forward Facing Seats:** should always be used in the back seat.

Booster Seats:

The booster seat is a very necessary piece of safety equipment. Many of the children who need boosters do not use them. Lots of children don't want to use boosters because they think they are "baby seats" That's not the case! Not using a booster seat when you should, is like riding around with only half a seat belt. Example: would you ride on a roller coaster without a safety bar?

- **What It Is:** A booster is a seat that raises and positions a child so an adult seat belt fits properly.
- **Why It's Best:** A booster helps place the parts of a seat belt over the strong parts of the body and prevent the seat belt from causing injury.
- **When to Stop Using It:** When a child can fit properly in an adult seat belt or until 4'9"
- **Booster Seats:** Should always be used in the back seat with both the lap and shoulder belt.

Seat Belts:

To determine if someone is ready for a seat belt, try the five-step test below:

Sit in the vehicle seat and put the seat belt on.

- Can they sit with a straight back against the vehicle seat back?
- In that position, do the legs bend comfortably at the edge of the vehicle seat?
- Does the lap belt stay low, touching the thighs?
- Does the shoulder belt cross the center of the shoulder?
- Can they sit this way without slouching during the whole ride?

If all answers were no to any of these questions, they would be safer riding in a booster seat with a lap and shoulder belt.

Suggested Activities:

Seat Belt Correct Fit Demo:

Ask for a student volunteer to demonstrate proper seat belt fit. Take masking tape and place it on the volunteer's lap (lower hips) and across the chest, centering it between the neck and shoulders. Emphasize that if the seat belt does not fit like the tape on you, then you should probably be riding in a booster seat.

Crash Test Dummies:

Simulate a car by arranging six chairs in two rows of three. Ask students to sit where it is the safest.



Correct Usage?

Booster Seat



Correct Usage?

Booster Seat



Correct Usage?

Safety Seat



Correct Usage?

Safety Seat



Correct Usage?

Seat Belt



Correct Usage?

Safety Seat



Correct Usage?

Seat Belt



Correct Usage?

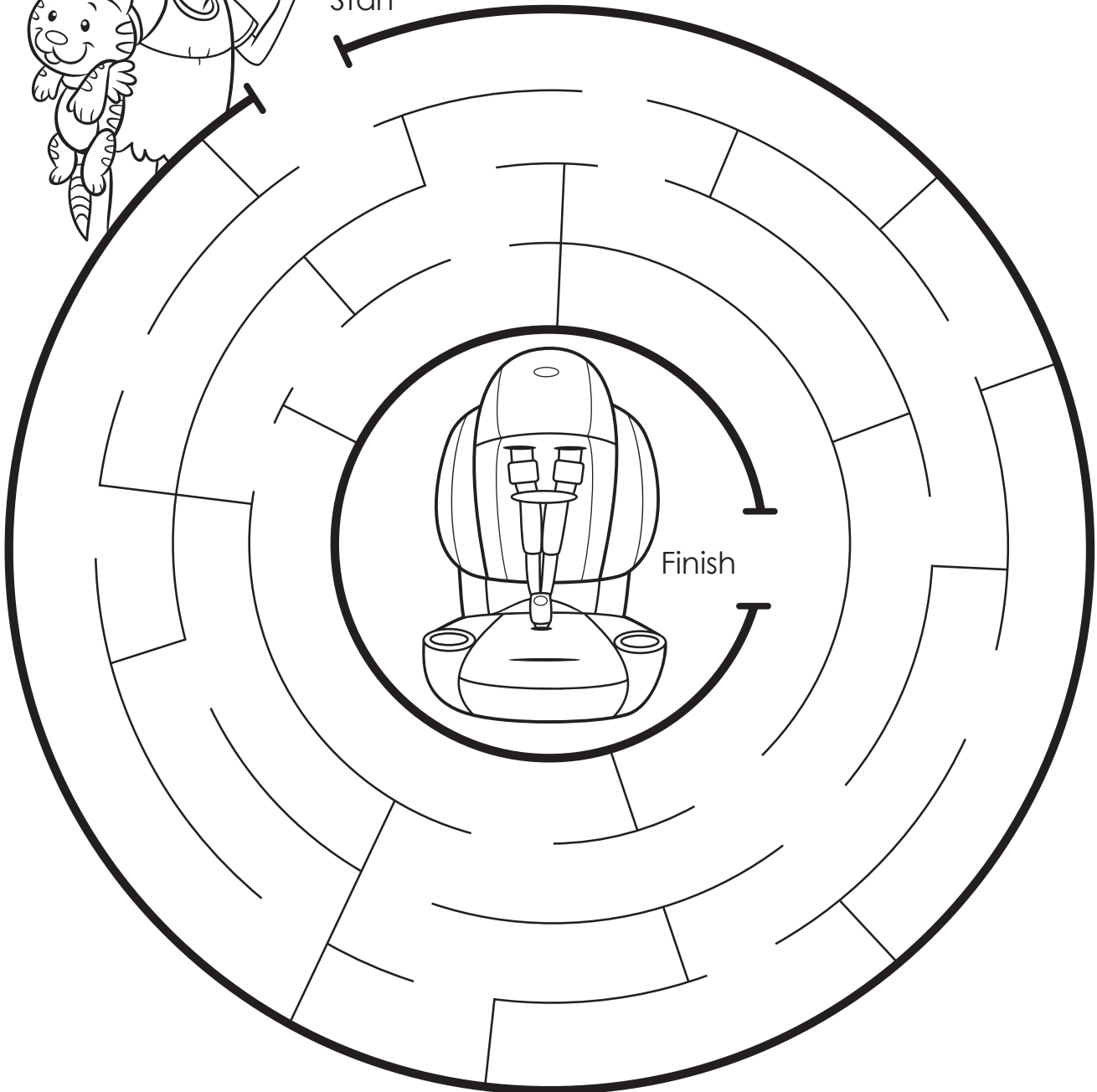
Seat Belt



Help Emma find her car seat.



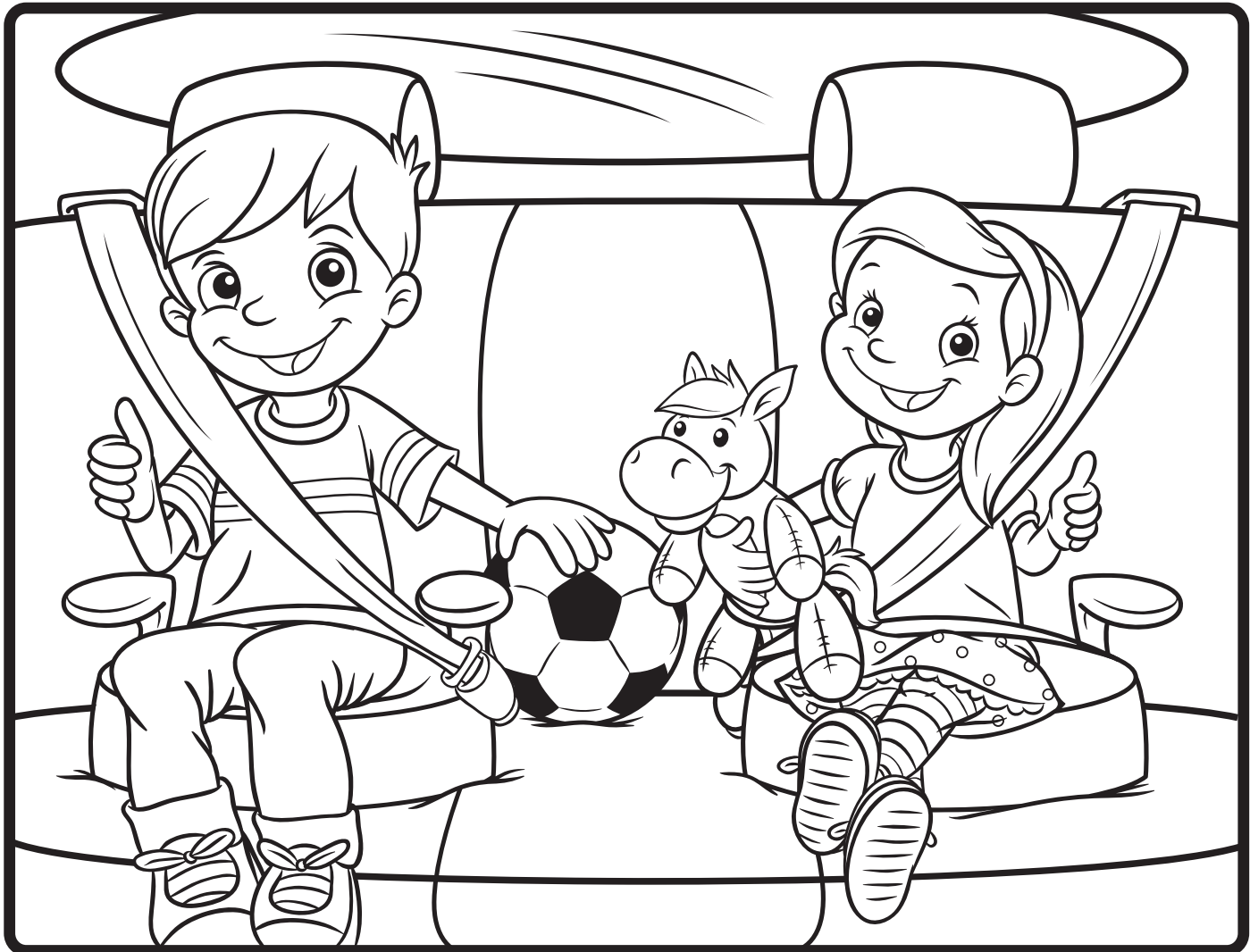
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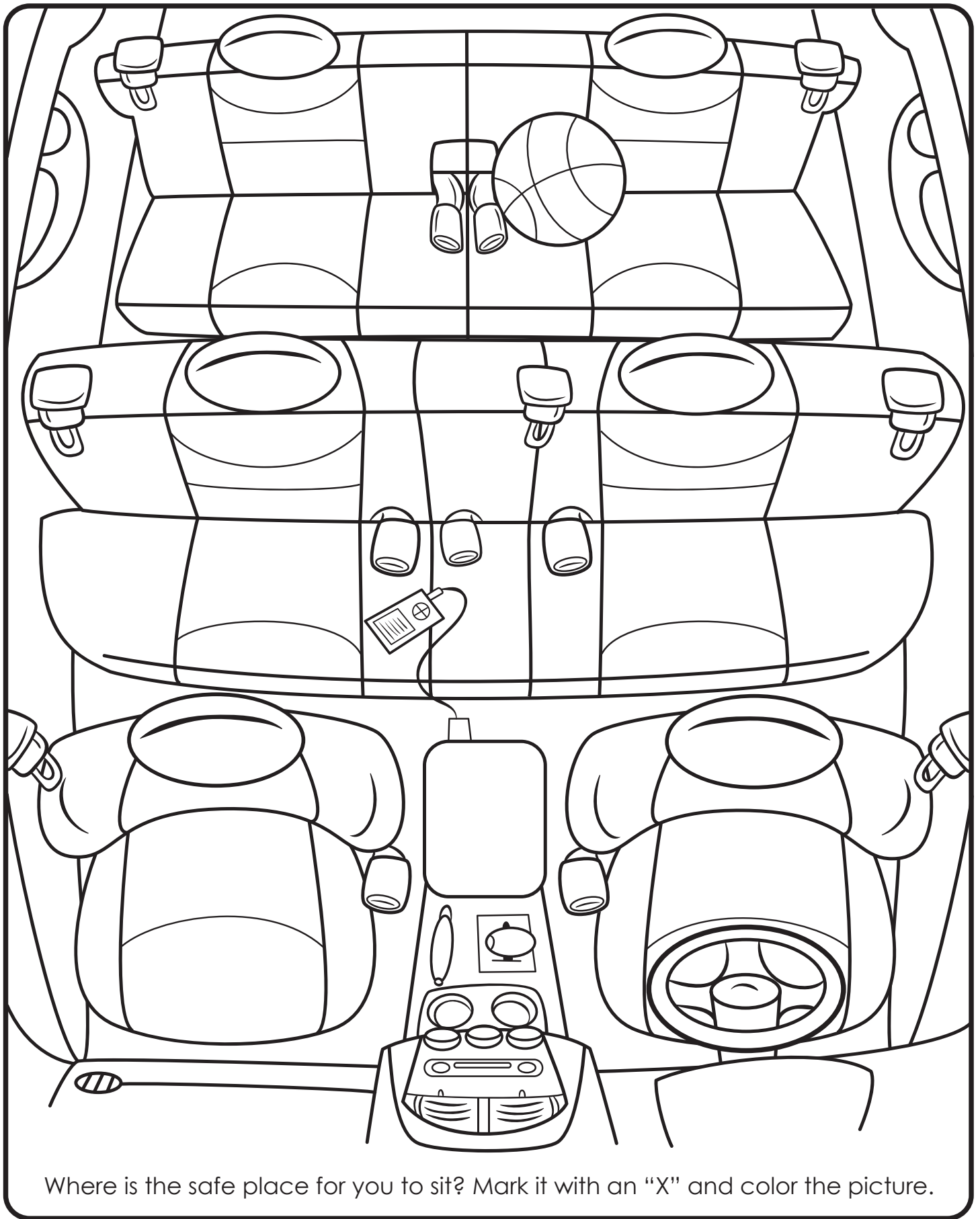
Kids 4-12

Booster seats are safe and comfortable.
They help make sure the seat belt fits properly.



Circle the picture that shows the correct way to wear a safety belt.





Where is the safe place for you to sit? Mark it with an "X" and color the picture.

Talking Points

About Buckling Up!

Who should buckle?

Everyone from young to old; seat belts are lifesavers for each and every person. Buckle up for life. It is the law in North Dakota!

When should you buckle?

Every time you get into a vehicle! A crash can happen at anytime and a seat belt is the best protection you can have.

Where should you sit?

Everyone 12 and younger should always ride in the backseat. The backseat is safer. Air bags are designed for adults not children.

What seat is right for me?

Scientists have put a lot of work into figuring out the right seat belt solutions based on how to keep you safe in a crash according to age, weight and height. These solutions are called best practices. Follow best practices all the time.

How do seat belts work?

Seat belts keep you from being thrown from the car or into others in the car during a car crash or quick stop.

Why is it important to buckle up in the back seat?

Seat belts keep you safe and sitting in the back seat protects you from coming into contact with the air bag. You are less likely to get hurt in a crash if you are buckled up correctly in the back seat.

