

What to Do

- a. **Demonstration:
The Importance
of Seat Belts
(2 minutes)**



What to Say

- ✓ Hold up 9 fingers and have all participants in the class hold up nine fingers using both hands.
- ✓ Explain:
 - ✦ We are all holding up 9 fingers. Each finger represents a person in a vehicle that is driving into a very serious collision.
 - ✦ Every passenger is wearing a seat belt.
- ✓ Close the hand that is holding up 5 fingers.
- ✓ Have participants also lower five fingers.
- ✓ Explain:
 - ✦ Unfortunately the crash was so bad that we still lost 5 of our drivers.
 - ✦ But, because they all chose to properly wear their seatbelts, 4 of the 9 will survive this crash and get to see their loved ones again.
- ✓ Close your other hand that is holding up 4 fingers.
- ✓ Have participants lower their remaining fingers.
- ✓ Explain:
 - ✦ This is how many would have survived if they weren't wearing seat belts. Nobody would have survived.
 - ✦ We've gone from zero chance of survival to 4 out of 9 surviving the crash.
 - ✦ If you wear your seat belt correctly while riding in a vehicle, your chances of a fatal injury are reduced by 45 percent, and your chances of moderate-to-critical injury are reduced by 50 percent.

What to Do

- b. Activity: Myth or Reality
(5 minutes)

**What to Say**

✓ Explain:

- ✦ Let's play a game of Myth vs. Reality to test your knowledge about seat belts.
- ✦ I will read a series of statements and you will decide whether the statement is Myth or Reality.

✓ For each statement below, read the statement to the entire class. Then have participants who believe the statement to be "Myth" to raise their hands. Then read the answer.

1. **Myth or Reality: Even if your car has air bags, you still need to wear a seat belt.**

Answer: Reality. The safest way to ride is with a properly secured seat belt in a vehicle equipped with air bags. The seatbelt will help to keep you in proper position for the airbag to function properly. Note: wearing seat belts is also required by law.

2. **Myth or Reality: Seat belts can trap you in a fire or under water.**

Answer: Myth. Incidents involving fire or water account for ½ of 1% of all crashes. But more importantly, you can't escape such dangers unless you're conscious. Wearing a seat belt gives you a much greater chance of being conscious so that you can escape.

3. **Myth or Reality: If you're not going far or not traveling fast, seat belts are unnecessary.**

Answer: Myth. Seemingly routine trips can be deceptively dangerous. Most fatal crashes happen within 25 miles from home and at speeds of less than 40 mph.

4. **Myth or Reality: Your seat belt can hurt you in a crash.**

Answer: Reality. In high energy crashes, seat belts have been known to cause non-life threatening injuries such as bruising. However, in a crash, all items not secured in the vehicle including unbelted passengers become projectiles. Reducing life threatening injury to superficial injury and eliminating a passenger from becoming a projectile in the vehicle can actually save your life.

What to Do



What to Say

- 5. **Myth or Reality: You don't need to wear a seat belt if you drive big vehicles such as a pickup, SUV or van.**

Answer: Myth. For occupants in SUVs, pickups, and vans, seat belts reduce the risk of fatal injury to the driver and front seat passenger by 60%.

- 6. **Myth or Reality: It's not as essential for men to wear seat belts; they are the least at risk.**

Answer: Myth. Young men are most at risk. In a recent year, 60% of male passengers between ages 18-34 that died in vehicle crashes were not buckled.

- 7. **Myth or Reality: When parents ride without their seat belts, child restraint use drops by 40%.**

Answer: Reality. Child restraint use drops by 40% when parents ride without their seat belts. This puts children at much greater risk for serious injury in a crash. In a recent year, 37% of children 14 years and younger killed in vehicle crashes were not using restraints.

- 8. **Myth or Reality: If you are in the back seat of a taxi or rideshare vehicle, you don't need to wear a seat belt.**

Answer: Myth. In a recent year, 803 unrestrained rear seat occupants age 8 and older died in motor vehicle crashes. Rear seat passengers are 2 times more likely to die in a crash if they are unbelted.



CITATIONS

1. National Highway Traffic Safety Administration (NHTSA), Seat Belts: <https://www.nhtsa.gov/risky-driving/seat-belts>.
2. National Highway Traffic Safety Administration (NHTSA). Traffic Safety Facts: Children.
3. Governors Highway Safety Association (GHSA), Rear Seat Belt Use: Little Change in Four Years, Much More to Do: <https://www.ghsa.org/resources/RearBeltReport19>
4. NHTSA Fatality Analysis Reporting System, 2018 data.

What to Do

- c. Discuss the Importance of Wearing Seat Belts



What to Say

✓ Explain:

- ◀ Any time you're in a motor vehicle, whether you're driving, riding as a passenger in the front seat or riding in a rear seat, wear your seat belt.
- ◀ Seat belts are our best defense against serious injury or death in a vehicle crash.
- ◀ Remember, if you wear a seat belt correctly, your chances of a fatal injury are reduced by 45%.
- ◀ Also, when you drive, it is your responsibility to ensure that every passenger is properly buckled. This will help protect everyone in the vehicle and will prevent other passengers from becoming flying projectiles in a vehicle crash.