

SUGGESTED TEACHING OUTLINE

LESSONS

ACTIVITIES

1. Back Seat & Buckled In

Q: *Where should you sit in the car?*

- In the back seat
- Away from the airbag
- Away from the dashboard, windshield and other hard parts that can hurt you

Q: *Should you buckle in?*

- Yes! Always!
- Yes! It keeps you from being thrown about or out of the car in a sudden stop or crash

2. Appropriate Restraint

Q: *Should you use only seatbelts?*

- Only if you are very big – taller than 4’9” and weigh more than 80 pounds
- If you are 20-40 pounds, stay in the toddler combination seat with a five-point harness
- If you are more than 40 pounds and up to 4’9” tall, you belong in a booster seat

Q: *Why are booster seats good for you?*

- Booster seats protect you in a crash
- Booster seats make you taller
- You can see better out the windows
- Booster seats keep you comfortable

3. Proper Belt Positioning

Q: *Where and how should the belts touch your body?*

- Top belt should touch between neck and shoulder
- Lower belt should touch thighs, not tummy
- Belts should be snug, not loose

Q: *What are bad things to do with your seatbelt?*

- Put behind back
- Put under your arm
- Put across your neck
- Wear loosely

Q: *Why?*

- The belts will hurt your internal organs if they aren’t where they’re supposed to be

Needed Items

Truck with two eggs and ramp
Weight Scale
Growth Chart
“What’s Right for me?” Worksheet
Licenses
Permanent Marker/Pen

Vehicle Crash Test Demonstration

1. Send vehicle down ramp with unrestrained occupant to demonstrate ejection and damage
 2. Send vehicle down ramp with restrained occupant to show improved outcome
- Note: Fill egg with gelatin or slime for added fun

“What’s Right for Me?” Height/Weight

1. Weigh child and record on “What’s right for me?” worksheet
2. Measure height – record on sheet
3. Assist child with the correct seat/restraint selection

Licensed to Ride!

1. Choose proper license for child
2. Personalize license with name

Items to be taken home

Parent Letter
Resource Sheet
“What’s Right for Me?” Worksheet
License