

Seat Belt Gauge



EASY

Planning Hours: 1

Event Hours: 1 or more

Best Time to Conduct: Anytime

Seat Belt Gauge is an activity to gauge your peers' seat belt behavior by asking questions and sparking discussion about the choices of peers in the car to buck up or not. These questions can be used in various formats, for example, a paper or online survey, a round table discussion, an interactive bulletin board, or an outreach tabling event.

Items Needed

- List of Questions
- Responses and facts to use
- Other Seat Belt safety facts <https://www.u-driver.com/driver-risks/lack-of-seat-belt-use/>

List of Questions

1. Do you buckle your seat belt, every ride, every time?
2. Do you buckle your seat belt as a backseat passenger?
3. How do you wear your seat belt? (Ask them to show you how they wear it or display a picture of different ways people wear it)
4. Did you buckle up on your last ride in the car?
5. In what instance would you maybe not buckle up? Why?
 - Driving to school a short distance
 - Riding in the back seat
 - Crammed a lot of people in a car

Responses to Spread Safety Facts

IF YOU HEAR:

"I don't wear a seat belt because I want to be able to get out of my car faster if I crash and it catches on fire or I end up in the water."

YOU CAN SAY:

If you're not buckled during a crash, you're likely to be thrown from the vehicle. Front seat passengers are two to four times more likely to be killed if ejected. On the other hand, less than one-half of one percent of injury-producing crashes involve fire or submersion in water. You're far safer being buckled in during a crash.

<p>IF YOU HEAR: "I have air bags so I don't need a seat belt."</p>	<p>YOU CAN SAY: Air bags only work in frontal crashes. They are not designed to inflate if the crash is from the side or rear. Also, airbags are designed to work with seat belts – you must be in the proper position inside the car for the air bag to work properly.</p>
<p>IF YOU HEAR: "I'm not buckling up because I'm not going very far (or fast)"</p>	<p>YOU CAN SAY: Most fatal crashes happen within 25 miles from home and at speeds below 40 mph</p>
<p>IF YOU HEAR: "I'm worried the seat belt will hurt me in a crash."</p>	<p>YOU CAN SAY: In a crash, everything in your car can cause bodily harm, but your seat belt is one of the few things that can actually save you.</p>
<p>IF YOU HEAR: "I don't need to wear a seat belt because I drive a big car, SUV or truck."</p>	<p>YOU CAN SAY: For people in SUVs, pickups, and vans, seat belts reduce the risk of fatal injury by 60%.</p>

Don't Forget

Your goal is to gauge people's seat belt behavior by hearing why they chose to buckle up or not. These questions, if taken seriously, will get your peers to think deeper about what drives them to ride safely in a vehicle, whether it's travel distance, car type, peer pressure, or impairment.

Don't forget to empathize and don't criticize.

Don't forget everyone's experience is unique and everyone's upbringing is different.

Make it GREAT

- Create an interactive board where people can answer your questions. For example, use a gauge where people can move the needle to answer how often they buckle their seat belt (never, sometimes, always).
- Host a small round table discussion about seat belt safety by preparing safety talking points, but also listening to other people's experiences. Let people know there is no judgment regarding answers.
- Put the survey questions into an online form to collect data and understand peers' behavior.
- Take pictures to send to us and post on social media and your website.

Take responsibility for your and your passengers' safety and ask them to always buckle up.