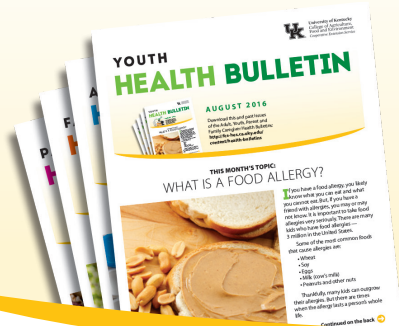


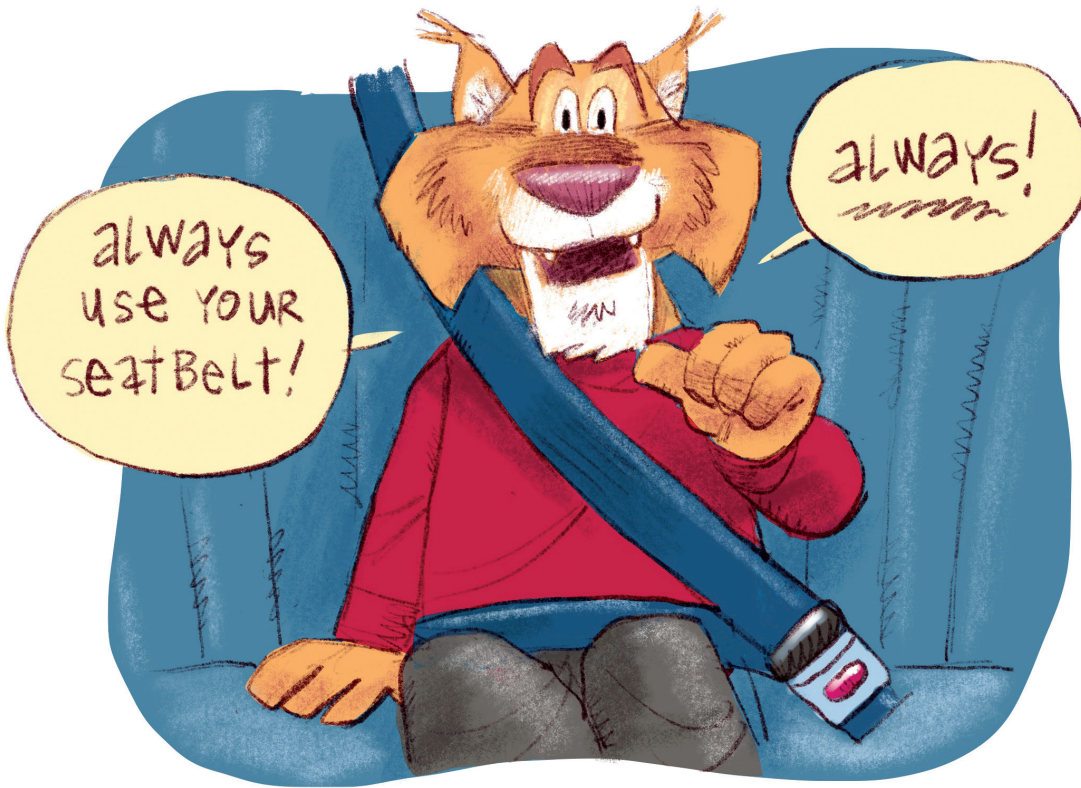
# YOUTH HEALTH BULLETIN



**APRIL 2019**

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC: SEAT BELT SAFETY



**D**o you use your seat belt on every car ride? You should! Whenever you are in a car, wear your seat belt — whether it is a five-minute trip or a five-hour car ride. Putting your seat belt on should be the first thing you do as soon as you get into a car.

Sometimes seat belts need to be adjusted in order to fit correctly, so it is always a good idea to ask an adult to make sure your seat belt is on right. Even when you ride in other

Continued on the back →



# Buckling up on every ride is the single most important thing you can do to stay safe in the car!

➔ Continued from page 1

cars and your friend or friend's parents do not wear seat belts, always wear yours.

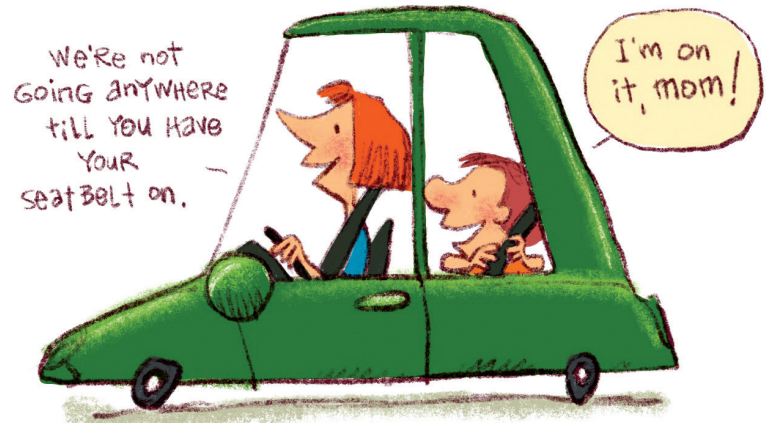
Seat belts are important because they protect you if the car you are in happens to be in an accident. A seat belt keeps you in your seat.

When wearing a seat belt correctly, the lower lap part of the belt should be low and tight across the upper part of your hips. The shoulder part of the seat belt should fit snugly across your chest and shoulder, not under your arm or across your neck or face. Depending on your height, you might need a booster seat. Booster seats help you sit up high enough so the shoulder part of seat belt fits properly across your chest.

If a person is not wearing a seat belt and the car is in an accident, he or she might be tossed around the car and could get seriously hurt.

Another important safety rule to follow is that if you are 12 years old or younger, you need to be sitting in the back seat.

The back seat can be a fun place to be with friends or brothers and sisters to keep you company. However, everyone needs to have their seat belts on and be sure not to distract the driver. When people in the back seat are jumping around, it can be hard for the driver to see, making it dangerous for everyone in the car.



Sitting in the back also protects you from an air bag when it gets used. Air bags are an important way to keep people from getting hurt in an accident, but if you are under the age of 12, you should not sit in the front seat because air bags are made to protect adults only. In fact, air bags can hurt you if you are sitting in the front seat when an air bag is released.

Buckling up on every ride is the single most important thing you can do to stay safe in the car! Encourage everyone in the car to wear his or her seat belt to stay safe. And remember; sit in the back seat until you are at least 12 years old.

#### SOURCES:

- <https://kidshealth.org/en/kids/car-safety.html>
- [https://www.safekids.org/safetytips/field\\_risks/seatbelt](https://www.safekids.org/safetytips/field_risks/seatbelt)
- [https://www.safekids.org/safetytips/field\\_venues/and-around-cars](https://www.safekids.org/safetytips/field_venues/and-around-cars)
- [https://www.safekids.org/safetytips/field\\_risks/and-around-cars](https://www.safekids.org/safetytips/field_risks/and-around-cars)



#### Can you unscramble these words?

WAER: \_\_\_\_\_

YRUO: \_\_\_\_\_

ETAS: \_\_\_\_\_

TELB: \_\_\_\_\_

ANSWERS: WEAR YOUR SEAT BELT

YOUTH  
**HEALTH BULLETIN**

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