BE A SEAT BELT HERO

WHAT TO KNOW

Being a Seat Belt Hero means standing up and speaking up for safety to create a safer world. Are you a traffic safety citizen?

SAFETY CITIZENSHIP

An act that is voluntary, without being rewarded or recognized, and that ultimately promotes safety that helps others.

Examples of Safety Citizenship:

- **Reminding others to buckle up before the car moves.**
- **Helping the driver with their phone.**
- **Encouraging slower speeds in school zones.**

(Adapted from the Center for Health and Safety Culture)

WHAT TO DO

1

When to share your feelings
If you see it, point it out right away. They may not notice and bringing their attention can help them change.

2

How to share your feelings
Share how the behavior makes you feel concerned or makes you feel unsafe. They may not know how it makes you feel.

What to do if they don't listen.

Find a safe space or person:
Find an adult you can trust to talk about your concerns.

Get information:
Sometimes people may not know all the facts to help them choose safer options.

Create a safe word:
Sometimes it may help to create a word or signal that helps tell others you're feeling unsafe.

Teens in the Driver Seat JR HIGH t-driver.com

Let's talk... SEAT BELTS

How do you speak up for safety?

What is one tip you can share with friends to help them share their concerns with drivers?

Sign your name to promise to buckle up every ride!

Your voice matters, share your concerns & help others make safer choices!