

I wear my
safety belt.



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Sometimes I go for a ride in a car or van. There are different types, colors and sizes of cars and vans.

Riding in the car can be fun.

There are many places we can go. Some trips may be short rides. Other places may take a while to get there.

I wear a seat belt every time I ride in the car. Seat belts keep me safe.

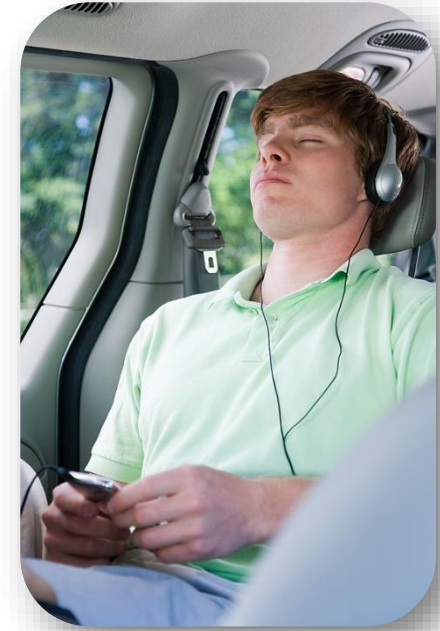


Different cars have different colors and types of seat belts.

The person I am riding with will know the correct way to put on my seat belt.

The seat belt might feel uncomfortable. Seat belts must be secure on my body to keep me safe.

If it is too tight, I tell a person in the car. He or she may be able to adjust it for me.



I can listen to music, sing, sleep, watch a video, or play a game to keep me busy during the ride.

I can look out the window at the scenery.

When I talk, I should talk quietly so that I don't disturb the driver of the car.



I do not take off my seat belt until the driver tells me it is safe to do so. I want to be safe in the car.

I should not play with my seat belt or anyone else's seat belt in the car.

When the car stops I keep my seat belt on. The driver will let me know when it is safe to remove my seat belt.

If I can't take it off myself, I ask for help.



I feel good about myself for keeping safe.



Let's get to know each other !

Find more great resources at
RWJBH.org/CSH



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