



I wear my safety belt.

I must always wear my safety belt when riding in a car or van. It helps protect me in car accidents. I never play with or destroy a safety belt.

- Sometimes I go for a ride in a car or van. There are different types, colors and sizes of cars and vans. Depending on a child's age, he or she may ride in a car seat, booster seat, or wear a seat belt.
- Riding in the car is fun. There are many places I can go. Some trips may be short rides. Other places may take a while to get there. I wear a safety belt every time I ride in the car, no matter how long or short the ride. Safety belts keep me safe.
- Different cars have different colors and types of safety belts. The person I am riding with will know the correct way to put on my safety belt.
- The safety belt might feel uncomfortable. Safety 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 movie, 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 distract the driver of the car.





I wear my safety belt.

- I never touch the driver when he or she is driving. I never hurt anyone in the car or van.
- I do not take off my safety belt until the driver tells me it is safe to do so. I should not play with my safety belt or anyone else's safety belt in the car.
- When the car stops I keep my safety belt on. The driver will let me know when it is safe to remove my safety belt. If I can't take it off myself, I ask for help.

