



COLORADO

State Patrol

Department of Public Safety

Safety Corner

Lesson Plan

Topic: Seatbelts

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Colorado Academic Standards, Comprehensive Health Standard 4.10

“Apply personal safety knowledge and skills to prevent, and treat unintentional injury.”

Synopsis:

Students use critical thinking skills to devise rationale for why someone would choose not to wear their seatbelt. They must then attempt to debate the rationale. Following this activity, the Instructor discusses six reasons why one SHOULD wear their seat belt - proving there is no reasonable rationale for why one would not wear their seat belts.

Consideration: It's a fun, but noisy process. You need to be in a space where you can shut the door so it doesn't disturb other classrooms.

Reference material is included at the back of this lesson plan.

Learning Objective: Students will explore ways to reduce the risk of injuries while driving a motor vehicle.

21st Century Skills & Postsecondary and Workforce Readiness: Critical thinking and reasoning

Materials: Slips of paper for students to write on,

Key Vocabulary: occupants, vehicle

Time: 30 minutes



Connect with Students (5 Minutes) Instructor Notes

- Introduce yourself and talk about the most impactful crash in where a life was saved through the proper wearing of a seat belt.
- Introduce your learning objective.

Today we will learn six reasons seat belts reduce the risk of injuries when riding in a motor vehicle.

- Key vocabulary: occupants, vehicle

Instructor: Tell students that today they are going to be learning about the most important act of safety they can share in a car - the one a seat belt gives to them.

Ask students to estimate how many lives in the U.S. are saved each year by passengers and drivers wearing seat belts when they are in a crash. Have them write their estimate on a folded sheet of paper and pass it to you. Tell them they will learn the answer by the end of the session.

Safety Instruction/Activity (20 Minutes)

Instructor: Hard to believe but in this day and age, there are still people who drive in cars without buckling their seat belts. We can't imagine why, so I stopped by to see if you might know the answer.

Activity: Divide into groups of four and devise three plausible reasons that someone might argue why they are not wearing their seat belt. Be prepared to try and debate their rationale when we regroup as a class.



Discussion: What were some of the best reasons you heard for NOT wearing a seatbelt? Did you think any of them were reasonable? Did any of them sound rational?

SEAT BELT SAFETY Time to Buckle Up!

Instructor: Well, I've heard your arguments for what someone might say for not wearing a seat belt, and believe me, I've heard them all. Now hear me out as I give rationale for wearing seat belts. When I am done, I am sure you will agree, my reasons are far more rational than any one reason you might have devised.

1. People thrown from a vehicle are four times more likely to be killed than those who remain inside. It only takes a second and that one second decision could save your life.
2. Seat belts are designed to hold your body at its strongest parts. Even if you are just driving around the corner, it is important to be buckled in. Most car crashes occur within 25 miles of home.
3. Lap-and-shoulder belts spread the force of the crash over a wide area of the body. Seat belts increase your chance of surviving a car crash.
4. Seat belts extend the time it takes for your body to slow down in a crash. This is one reason why they are required in Colorado and almost every other state.



5. Seat belts protect your brain and spinal cord. Without the protections of a seat belt, you are more likely to be seriously injured.

6. Finally, let's look at the results of our estimates and compare it with the actual numbers. (Read the estimates from the students and see if anyone guessed close to the actual number.) 15,000 lives are saved each year because people in collisions have their seat belts on. Seat belts have been proven to save lives.

Instructor: Colorado has specific laws around the use of seat belts. If you are 15 or under, you must be properly restrained with a safety belt or child restraint system. Infants must be restrained in rear-facing car seats, toddlers and children younger than four must use a child safety seat. And children must ride in a booster seat until they are eight years of age.

Instructor: For ages 16 or older, all passengers must use a seat belt.

Instructor: If you are driving with a Colorado Graduated Driver License, additional laws apply. All the passengers in your vehicle must be seat-belted at all times and no more than one passenger is allowed in the front seat.

Additional Sources:

Colorado Driver Handbook, 2015,

<https://www.colorado.gov/pacific/sites/default/files/DR2337.pdf>

Buckle Up Safety Tips, Colorado Department of Transportation

Reference Material for DDC Instructors, National Safety Council

Impact Teen Drivers, impactteendrivers.org

Buckle Up in the Back Seat, Denver Osteopathic Foundation