

# It's All About the SAFETY... Seatbelt, Bicycle & Touch



## Seatbelt Safety

It is the law that everyone must wear their seatbelt in the vehicle. EVERYONE!  
Young and old alike! The law states:



- (1) Children two years and younger shall be restrained rear-facing child restraint systems until the child reaches the weight or height limit of the child restraint
- (2) Children two years to three years of age who has reached the rear-facing weight or height shall be restrained in a forward-facing child restraint system with an internal harness until the child reaches the weight or height limit of the child restraint system.
- (3) Children four years to at least 6 years of age who has outgrown the forward-facing child restraint systems shall be restrained in a belt-positioning child booster seat, secured with a vehicle lap-shoulder seat belt
- (4) Children nine years of age and older shall be restrained with the motor vehicle's adult safety belt adjusted and fastened around the child's body to fit correctly.



- (5) All children under thirteen years of age shall be transported in the rear seat of the motor vehicle when available.
- (6) A child who because of age or weight can be placed in more than one category shall be placed in the more protective category.

Seat belt laws also state that the seatbelt must be worn properly.



Statistics (information collected from a study) show that during a car crash many things go on. For instance:

- If the car is hit from behind and you're not wearing your seatbelt you could be thrown from your seat forward possibly through the windshield.
- If the car is hit from the side it could result in your body being thrown from one side to another.
- If the car is hit from the front it could

throw your body forward.

Seatbelts keep you in place during the impact of a car wreck. They have saved lives more than harmed them. Wear yours! IT'S THE LAW!

To help you better understand the forces involved in car wrecks and how seatbelts could possibly save your life; you can find on the next page an experiment you can conduct with your family. It's called the Egg Car Experiment.

## DID YOU KNOW?



Car seats reduce the risk of fatal injury by



for infants under 1 year old.



# The Egg Car Experiment

You Will Need:

- Piece of wood-for card board-  $\frac{3}{8}$  inch thick, 3 to 6" wide and 12" long
- 10 Nails or wood screws 2 to 3" long
- 1 Styrofoam coffee cup
- 4 Empty sewing thread spools (wood or plastic)
- A bar of soap
- A piece of heavy paper
- Some wide rubber bands or narrow masking tape
- 2 Thumbtacks
- A pencil
- Wax paper
- A board for a ramp-  $\frac{1}{4}$  inch to 1" thick and twice as wide as the cardboard and 30" to 60" long
- 2 or 3 Raw eggs
- Hammer, Scissors and Screwdriver

## STEPS:

- (1) Pound 4 nails into the board in a row like in picture (A). This makes the dashboard of the car. Make sure that at least  $\frac{1}{2}$  inch of each nail is sticking out of the board. The circle shows where the paper cup will go. Pound 2 nails into the board behind where the cup will go. Make sure the cup will fit against the 2 nails.
- (2) Slide the 4 spools over the 4 nails. Look at picture (B). Pound the 4 nails with the spools or the car will not roll.

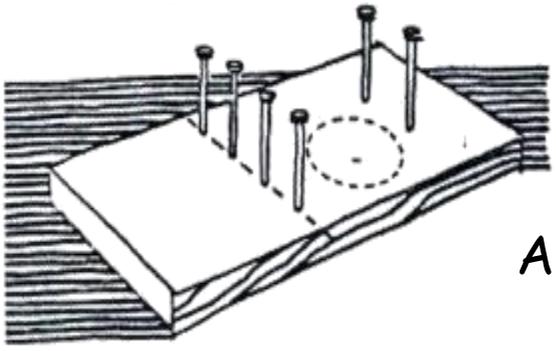
- (3) The piece of paper will make the dashboard and the hood of the car. You may need to cut the paper to make it fit. Tape the paper over the nails so your car looks like picture (C).
- (4) The paper cup will make the seat. Draw a seat on the paper cup so it looks like picture (D). Cut it out with scissors. Put the seat against the 2 nails in your board. Put the 2 thumbtacks through the bottom of the seat into the board. Put a rubber band around the seat and the 2 nails. See picture (E).
- (5) Test to see if your car rolls smoothly and straight. You can help the car roll smoothly by bending the nails with the spoons on them a little bit.
- (6) Put some tissue paper or a paper towel inside the seat at the bottom. This makes a seat for your passenger.
- (7) Now you are ready to make safety belts for your egg. Use wide rubber bands to make the safety belts. Put the rubber bands around the egg and the seat so they look like picture (F). The rubber bands should fit tightly around the egg. They should not be too high or too low.
- (8) Build an egg car ramp. Be sure to put down newspaper so clean up will be easy. Your ramp should look like picture (G).

Now you are ready to find out if safety belts:

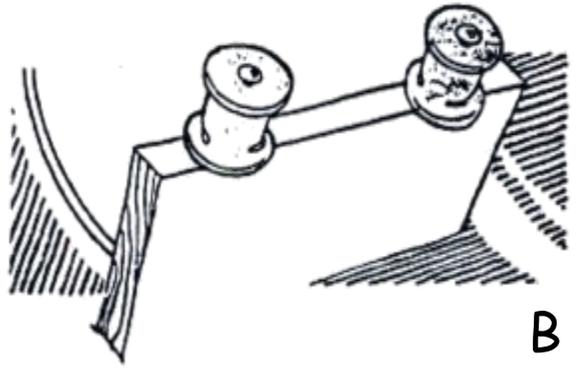
❖ Keep passengers from hitting the inside of the car

❖ Keep passengers from being thrown out of the car in an accident

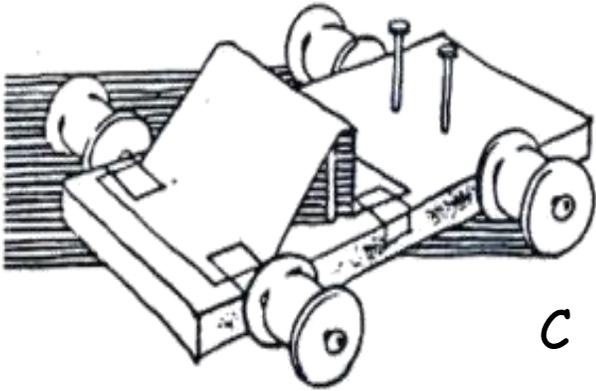
NOW ANSWER THE QUESTION: SHOULD I WEAR MY SAFETY BELT?



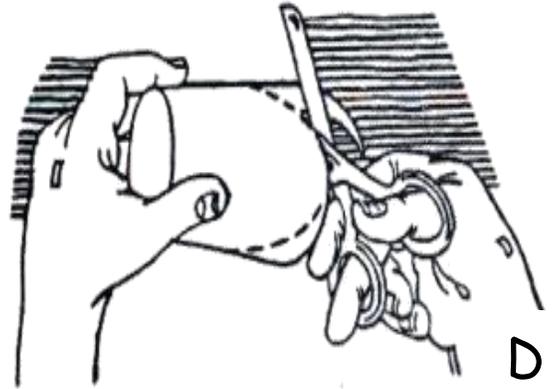
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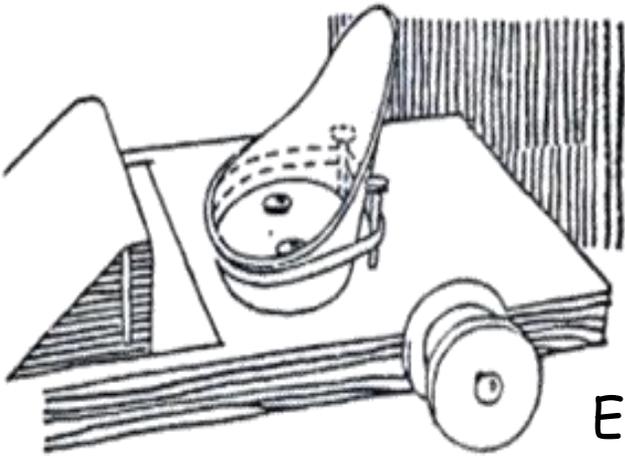
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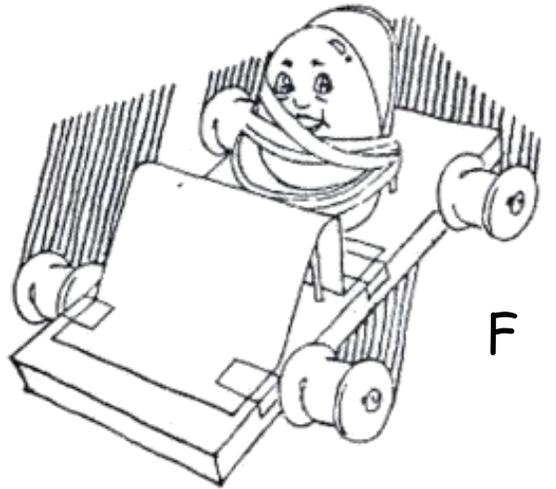
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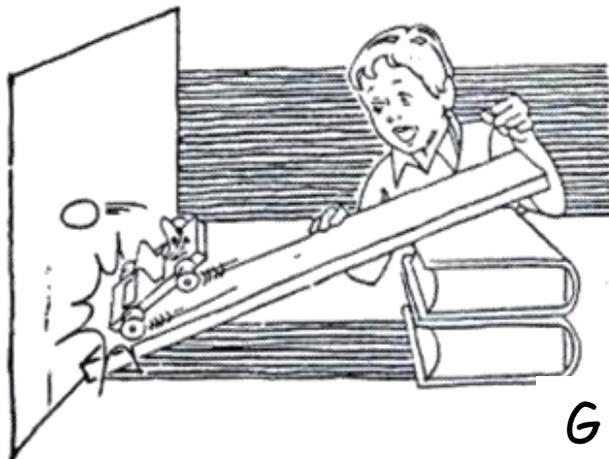
D



E



F



G

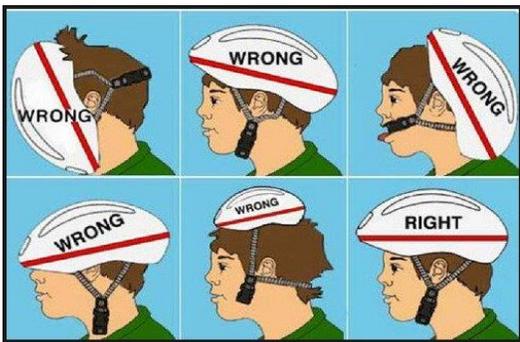
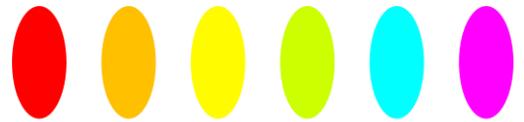
# Bicycle Safety



Bicycles are a wonderful toy and means of transportation. Adults use them for transportation and exercise. Children use them for fun as well as exercise! When you are given a bicycle a great amount of Responsibility also comes with it. When you're riding

your bicycle you're not alone, you share the road with trucks, cars, and sometimes pedestrians (other people) walking. Since accidents can turn a bicycle adventure into a bicycling tragedy, we have to prepare ourselves. **We should always know: What are the local bicycle and road rules?**

First you must make sure you are wearing the proper clothing that is reflective and can be seen from a good distance. **Remember: BRIGHT IS RIGHT!**

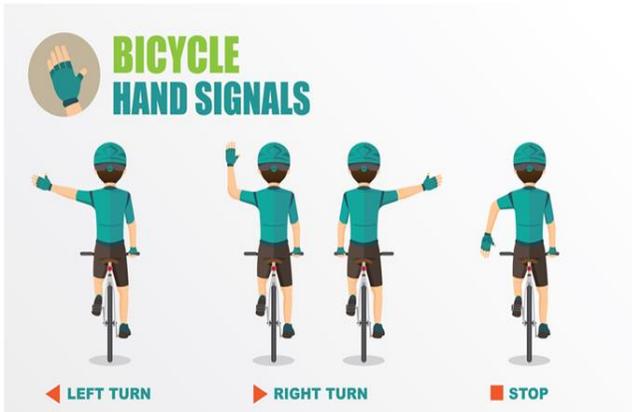


Second you must wear the proper safety equipment like your helmet and it must fit properly! You must make sure each time you are about to ride your bicycle that it is in proper working order. Below you can find a check list to go through before setting out on your biking adventure.

## BICYCLE MAINTENANCE CHECK LIST:

- ✓ The bicycle is the right height.
- ✓ The seat is on tightly
- ✓ The handle bars tight
- ✓ Tires are aired up
- ✓ Tires are not worn or cracked
- ✓ You're not missing any spokes on the wheel
- ✓ Wheels are in alignment
- ✓ Brakes work and don't stick
- ✓ Reflectors are on front and back and sides
- ✓ The chain is not loose
- ✓ The chain is lubed

## RULES OF THE ROAD



- Use hand signals
  - Traffic Signs, **obey all street signs and signals.**
  - Always ride single file on the right side of the street **with the flow of traffic**
  - One seat one rider, no double riding
  - Check traffic **twice left and right**
  - Always walk your bike across at busy corners and streets.
  - Carry extra items in a basket on front of bike or backpack, not in your hands
  - Always look ahead so that you can see what might be in your path so that you can avoid things such as potholes, glass, gravel, trash, etc.
  - Watch for parked cars
- Children under ten should use sidewalks but still remember **pedestrians have the right of way on the sidewalk**
  - You should always have a bike lock to chain it to something or itself so that it cannot be stolen.
  - Always record your bicycles make model and serial number; and you may even etch your initials or a special number that will help identify this bike as yours should it be stolen.



# Touch Safety

## To the parents:

Teaching children about appropriate vs inappropriate touching

Experts say to start talking with children during preschool years...



...but only 3 in 5 parents believe that's the best age to start

Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2020

Often, when something bad happens to a child, they may be unable to understand or process it. Children don't always know how to put into words when someone touches them inappropriately, and so they often feel like they have no choice but to keep it to themselves.

**Teach the Names of Body Parts to your Child:** Teaching children the anatomically

correct words at the right age will help them feel more comfortable talking about their body parts to their parents or guardians.

- **Control media exposure.** Get to know the rating systems of video games, movies, and television shows and make use of the parental controls available. Providing appropriate alternatives is an important part of avoiding exposure to adult content in the media.
- **Build a Bond of Trust:** It is vital to build a strong bond of trust with your child at a tender age. Tell them you believe in them and trust them; that you are always there for them. Whenever they try to tell you something, listen to them carefully. This makes them feel heard and valued, and helps in building a bond of trust.
- **Expect questions.** The questions your child asks and the answers that are appropriate to give will depend on your child's age and ability to understand. The following tips might make it easier for both of you:
  - Don't laugh or giggle. Don't react with anger. Your child shouldn't be made shamed for his or her curiosity.
  - Be brief. Answer in simple terms. For example, your preschooler doesn't need to know the details of intercourse.
  - See if your child wants or needs to know more. Follow up your answers with, "Does that answer your question?"
  - Listen to your child's responses and reactions.
  - Be prepared to repeat yourself.
- **Don't Push your Child to Show Affection:** Sometimes, parents tend to push their child to hug or give a kiss to some relatives. Some children don't like

these gestures because they are still learning to socialize and become comfortable in an unfamiliar environment. A warm hug or a kiss from or for a relative should be encouraged only when the child is genuinely comfortable with it. If the child hesitates or refuses to go near a relative, then you must respect his/her decision.

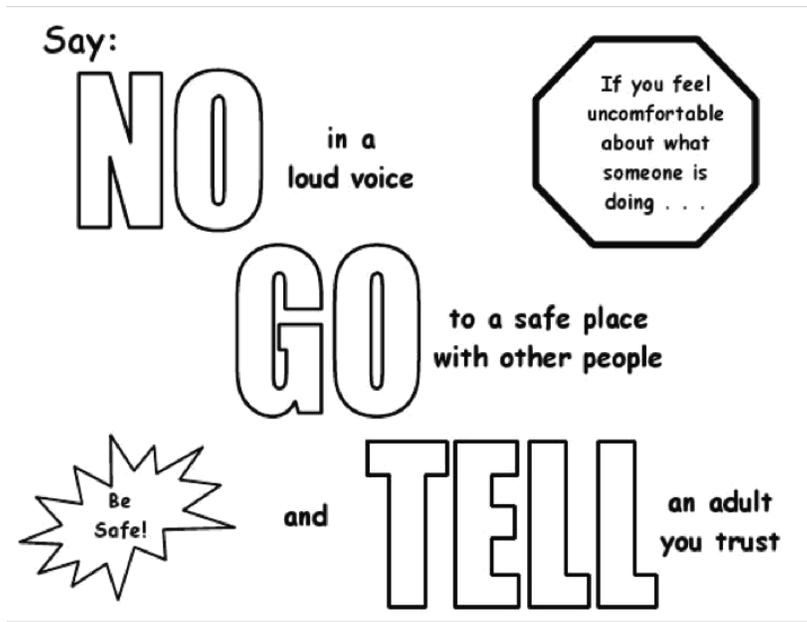
- **Empower them with Safety Measures:** Instruct them on what to do when someone touches them inappropriately



\*Parents, you can find some helpful resource links below. Take time to visit the provided links if you are having difficulty finding the right words to have these important conversations with your children.

- **Committee for Children**
  - [www.cfchildren.org/](http://www.cfchildren.org/)
- **Darkness to Light**
  - <https://www.d2l.org/>
- **Center for Family Empowerment**
  - <https://www.centerforfamilyempowerment.com/>
- **The Mama Bear Effect**
  - <https://themamabeareffect.org/>

To the young bright reader (child):



You have the right to say "NO" to any unwanted touch, no matter who the person is that's touching you!!! Just as no one has the right to touch you; you shouldn't touch anyone else without their permission or in any way that makes them feel uncomfortable! It is important for you to learn the difference between **appropriate (right)** touching and **inappropriate (wrong)** touching. If you feel like you have been touched

inappropriately (bad touch) tell a parent or an adult you trust right away!

- **Three Kinds of Touch:**

- **Safe Touch:** This touch makes you feel safe, cared for and loved. For example, a warm hug from a guardian/parent, a tap on the shoulder, or a high five, etc.
- **Unsafe Touch:** This touch makes you feel unsafe and hurt. For example, pinching, hitting, touching the body parts inappropriately.
- **Unwanted Touch:** This touch might not threaten you and you may not like it. For instance, a relative or a stranger trying to make you give them a hug or trying to pinch your cheeks because they think you are cute.
- Learn to **say NO**. When you do not like someone's touch, say it **loud and clear**, **"Don't touch me. I don't like it!"**
- Try not to stay alone with a person whose touch you don't like.
- Always remember: You didn't ask for it and it is not your fault.
- Understand that you can tell your loved ones even when the other person tries to threaten you. You don't need to keep secrets. No matter what happens there are many people willing to help you when you come forward and inform a trusted adult as soon as you can.

# I AM THE BOSS OF MY BODY!

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The diagram of the boy and girl below can help you identify areas of your body that are private and belong to you; and what category they fall into:

- GOOD
- MAY NOT LIKE
- BAD

● Good

● May not like

● Bad

