



**2022-2023**

**RESOURCE MATERIALS  
AND  
NATIONAL TRAFFIC SAFETY  
FACTS AND FIGURES**

*DriveSafeHR.org*  
*Facebook.com/GetItTogetherSeatBeltChallenge*  
*##gitchallenge22*

# 2022-2023 GET IT TOGETHER RESOURCE MATERIALS

(NEW - REVISED)

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<https://www.drivesafehr.org/>

<https://www.Facebook.com/DriveSafeHR/>

<https://www.Facebook.com/GetItTogetherSeatBeltChallenge>

# COMMUNITY RESOURCES AND PRESENTERS

(Contact resource/presenter directly for availability)

## **AAA Tidewater Virginia: Contact DSHR@drivesafehr.org**

- Fatal Vision Goggles
- Pedal Car, Driving Course and Distracted Driving Goggles
- Promotional Items
- **Dare To Prepare Workshop** - This 60-minute presentation is offered in-person or via Zoom. It aims to prepare parents and new drivers for the road ahead with a better understanding of the Graduated Driver Licensing process and best practices when teaching a new driver how to drive.
- **Driven to Distraction** – This 30-minute presentation is offered in-person or via Zoom. It provides tools and resources to students, teachers, and parents to combat distracted driving.
- **Sidetracked: The Brutal Realities of Distracted Driving** - This is a 22-minute documentary produced by AAA and the Houston Police Department.  
View the video on YouTube: <https://youtu.be/LDDqO4tlcHQ>
- **AAA Parent/Teen Driving Agreement** - This agreement helps parents coach their teens and helps families set agreed-upon rules and consequences.  
Download the Guide here: <https://www.ace.aaa.com/automotive/driver-education/teen-programs.html>

## **American Traffic Safety Services Foundation – Work Zone Safety**

The Foundation promotes roadway safety through public awareness programs. Over the years thousands of men and women have died in work zones, including workers, motorists, pedestrians and first responders. Presentations on work zone traffic safety can be coordinated through [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

## **Beacon House**

Brain Injury Survivors speak on Road Rage, Drunk Driving, Seatbelt Use, and/or Falling Asleep at the Wheel. Preference for Zoom presentations, but a face-to-face presentation may be available.  
Contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

## **Brad Hughes**

Brad Hughes oversees community engagement in Powhatan County, which includes presenting new safety ideas, giving presentations about the Move Over Law and distracted driving, and teaching students their rights during traffic stops. He returned to law enforcement after being a victim of a distracted-driving crash six years ago. Once an officer for 16 years, Hughes' days patrolling ended after a horrific crash on March 17, 2014. Hughes was responding to a 17-car pileup on an icy Midlothian Turnpike when a distracted driver lost control of his pick-up truck and slammed into Hughes, pinning him between two vehicles. If you are interested in having Brad speak via Zoom to your students, contact him via email at [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

## **Car Safety Now**

**In Control Program Toolkit for Teen Drivers:** Activities and posters promote the norm to be in control when behind the wheel. The research-supported distracted driving program for teens includes posters, social media discussion topics, contests encouraging creativity, and more. In Control is a school-based program designed for teen drivers. Rather than a lecture-based format, the program materials are fun and engaging for students. The design received input from teachers to align with standards of learning requirements and use minimal academic time. <https://www.carsafetynow.org/teen-safety/>

*-additional Community Resources and Presenters can be found on next page-*

# COMMUNITY RESOURCES AND PRESENTERS

Continued...

## **Christopher King Foundation: Mrs. Christy King**

Mrs. King's son, Christopher, was killed in a car crash on July 4, 2020, shortly after graduating high school, because he didn't use his seatbelt. Since then, she has worked tirelessly to keep his memory alive and most importantly, to keep this from ever happening to anyone's child again. Mrs. King will discuss the crash and its effects on her family and her son's friends. Contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

## **Conner Gweedo Memorial Foundation: Tammy Guido**

Conner Guido was a passenger in a car crash in 2019 where he, and two other Tabb High School students were killed. The boys, who were leaving the school's homecoming dance to go to a supervised after-party, were all 16. Unbeknownst to Conner and his friend, this student driver was underage and unlicensed. He left the dance speeding and proceeded to drive recklessly going over 70 miles per hour in a 35 zone. Turning a curve at such a high speed, the driver lost control of the car, hit a tree, the car flipped over and all 3 teenagers were killed instantly. Tammy Guido, Conner's mother, has undertaken a variety of educational and legislative efforts to honor her son including passing Conner's Law in 2019 in the Virginia General Assembly. "Every waking breath has been to honor my son," Tammy Guido said. "I'm trying to make a difference for someone else because it's too late for Conner." Face to face, as well as zoom presentations, are offered. Contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

<https://www.connergweedo.com> / [facebook.com/connergweedo](https://www.facebook.com/connergweedo) /

[www.IfYouSeeSomethingSaySomething.org](http://www.IfYouSeeSomethingSaySomething.org) / <https://legiscan.com/VA/bill/HB1918/2021>

## **Emma S. Hood- Pedestrian Safety: Crossing Risks that Are Avoidable**

Emma Hood is a Graduate Researcher Assistant and 1st Year Ph.D. student in Psychology at Old Dominion University. She is currently working on pedestrian behavior safety projects, interventions, and interactions with drivers. She is offering this 20- minute presentation for students to receive tips to avoid fatal mistakes on the roadway, and growing concern for pedestrians in Virginia and the United States, at-large. If you are interested in having Emma speak to your students via Zoom or in person, Contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

## **Emergency Department Injury Prevention Nurses**

Description of the events and actions used in the emergency room when trying to save the life of a crash victim. Contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

## **Farmers Insurance®**

As one of the nation's leading auto insurers, Farmers Insurance® is committed to helping drivers stay safe behind the wheel. For information about road safety and resources for teen drivers, consider referencing the following resources:

**This Is a Teen's Brain Behind the Wheel** (<https://www.farmers.com/learn/plan-and-prep/teen-driver-safety-tips/>)

**Farmers® Signal® app with CrashAssist** (<https://www.farmers.com/signal/>)

**Learn from Experience by Farmers** (<https://www.farmers.com/learn/>)

**Potential Auto Insurance Discounts** (<https://www.farmers.com/auto/discounts/>)

To connect with a local agent, please call 1-888-327-6335 or visit [www.farmers.com/](http://www.farmers.com/)

*-additional Community Resources and Presenters can be found on next page-*

# COMMUNITY RESOURCES AND PRESENTERS

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## **KALFUS & NACHMAN: Attorney Paul Hernandez**

Kalfus & Nachman has been representing victims of distracted driving for over 43 years. At Kalfus & Nachman PC, one of the most important beliefs is the safety of our community, raising awareness about distracted driving and how ending it can save countless lives. Kalfus & Nachman has partnered with EndDD.org supporting the Casey Feldman Foundation for over 10 years.

Attorney Paul Hernandez has witnessed the worst that can happen from driving distracted. Paul has personally given more than 100 presentations to 12,000 high school students and adults. The presentations are energetic and engaging, providing participants with real life examples and statistics that resonate with new drivers. Paul also discusses the importance of wearing a seat belt and explores the reasons why students choose not to wear a seatbelt when riding with other teenagers. Live Presentation/ 60-90 minutes. Contact DSHR@drivesafehr.org.

## **MADD VA – Substance Abuse Prevention Programs for Youth and Parents**

- Victim speakers (individuals impacted in or by impaired driving) are available for school and community presentations.
- Free staff-led substance abuse/impaired driving prevention PowerPoint presentations are available.
- Presentations can run 20-40 minutes in length. These presentations can be done alone or with other substance abuse prevention / traffic safety presentations, driver's education classes, or for PTA, church group, neighborhood association meetings, etc.
- All of MADD's prevention materials can be viewed and downloaded by scrolling down at this link: <https://www.madd.org/the-solution/power-of-parents>.
- Parent handbooks can be ordered for free through the VA ABC website. These handbooks are great for mass distribution at events. <https://www.abc.virginia.gov/education/programs/power-of-parents>.

Contact DSHR@drivesafehr.org.

## **State Farm® Insurance Companies**

Recognizing that motor vehicle crashes are the leading cause of teen deaths, State Farm® is committed to helping end these tragedies. We invite you to explore this collection of State Farm® articles to help teens be safe drivers.

Additional traffic safety resources made possible by grant funding from State Farm® include:

- DRIVE SMART Virginia Driver Education Portal has downloadable presentations, activities and videos on traffic safety.
- YOVASO interactive programs: ScanEd: Physics of a Crash and Distracted and Impaired Driving Simulator. <https://www.yovaso.org/interactive-program/>
- SADD educational materials on a variety of traffic safety issues.

For State Farm® classroom speakers, please Contact DSHR@drivesafehr.org.

*-additional Community Resources and Presenters can be found on next page-*

# COMMUNITY RESOURCES AND PRESENTERS

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## **Toni Cacace-Beshears**

Mrs. Cacace-Beshears lost her son, Chad, in a car crash. Chad, and his friend David were killed on the first day of school, 1998. They attended Great Bridge High School. She will discuss the crash and its effects on her family and her son's friends. Contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

**Virginia Department of Health:** Contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

## **Virginia Department of Motor Vehicles: Data, Information, & Resources:**

Contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

## **Virginia State Police**

To reduce the number of accidents involving teen drivers, the Virginia State Police makes education about the dangers of distracted driving a priority. The Virginia State Police Distracted Driving Simulator provides a hands-on alternative to demonstrate the dangers of distracted driving in a safe and controlled environment. Through education and awareness, the hope is to reduce or eliminate injuries and deaths due to distracted driving. Interested in having the simulator program in your school, contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

## **YOVASO (Youth of Virginia Speak Out)**

YOVASO staff work directly with schools and youth groups to help establish YOVASO peer-to-peer clubs and provide leadership development training for all club members. The training is designed to educate students about the problem areas of teen driving and to equip them with materials and resources to conduct awareness campaigns in their schools and communities. Once trained, the schools and youth groups are eligible for YOVASO resources, such as safety campaigns, free materials, planning assistance, interactive programs, and continued training opportunities. If you are interested in starting a YOVASO club, would like to set up a training session, or are interested in learning more about the program, please Contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org). You can also visit [www.yovaso.org](http://www.yovaso.org) for more information.

## **TEXT LATER LIVE LONGER**



If you are interested in purchasing Text Later Live Longer decals, please send an email to [RJECOP@cs.com](mailto:RJECOP@cs.com) or call Rebecca Jane Ellison or Shawn Kelley at 804-350-1015.

# INTERNET RESOURCES

<a href="http://www.drivesafehr.org/git">www.drivesafehr.org/git</a>	Drive Safe Hampton Roads, includes 2022-2023 Challenge Materials
<a href="https://www.facebook.com/GetItTogetherSeatBeltChallenge">Facebook.com/GetItTogetherSeatBeltChallenge</a>	Facebook
<a href="http://www.ace.aaa.com/automotive/driver-education/teen-programs.html">www.ace.aaa.com/automotive/driver-education/teen-programs.html</a> and <a href="http://exchange.aaa.com/safety/teen-driver-safety">exchange.aaa.com/safety/teen-driver-safety</a>	AAA site for teens and parents with state-specific info
<a href="http://www.aaafoundation.org">www.aaafoundation.org</a>	AAA Foundation for Traffic Safety
<a href="http://www.dmv.virginia.gov/safety/">www.dmv.virginia.gov/safety/</a>	Virginia Department of Motor Vehicle's website
<a href="http://www.drivesmartva.org">www.drivesmartva.org</a> and <a href="http://www.drivesmartva.org/teen/teacher-portal/">www.drivesmartva.org/teen/teacher-portal/</a>	Drive Smart Virginia (Check out their DSV Store too) DRIVE SMART Virginia teacher portal, sponsored by State Farm®
<a href="https://www.ena.org/">https://www.ena.org/</a>	Emergency Nurses CARE
<a href="http://www.transportation.gov">www.transportation.gov</a>	United States Department of Transportation
<a href="http://www.geico.com/information/safety/auto/safety-library">www.geico.com/information/safety/auto/safety-library</a>	GEICO online video library
<a href="http://www.globalschoolnet.org">www.globalschoolnet.org</a>	Global SchoolNet Foundations
<a href="http://www.ghsa.org/issues/distracted-driving">www.ghsa.org/issues/distracted-driving</a>	GMSA Distracted Driving Study
<a href="http://www.gm.com">www.gm.com</a>	GM's Driver Education Website (Keyword: Driver Education)
<a href="http://www.hsrb.unc.edu">www.hsrb.unc.edu</a>	University of NC Highway Safety Research Center
<a href="http://www.iihs.org">www.iihs.org</a>	Insurance Institute for Highway Safety: Teenagers
<a href="http://www.nhtsa.gov">www.nhtsa.gov</a>	National Highway Transportation Safety Administration
<a href="http://noys.org">noys.org</a>	National Organizations for Youth Safety
<a href="http://www.nsc.org/home">www.nsc.org/home</a>	National Safety Council
<a href="http://www.nts.gov/Pages/default.aspx">www.nts.gov/Pages/default.aspx</a>	National Transportation Safety Board
<a href="https://phonedown.org/">https://phonedown.org/</a>	Phone Down, It's the Law
<a href="http://www.Progressive.com">www.Progressive.com</a>	Progressive Insurance Company
<a href="http://www.sadd.org">www.sadd.org</a>	Students Against Destructive Decisions (SADD)
<a href="http://www.saferoads.org">www.saferoads.org</a>	Advocates for Highway and Auto Safety
<a href="http://sleepeducation.org/">sleepeducation.org/</a>	American Academy of Sleep Education

*-additional Internet Resources can be found on next page-*

# INTERNET RESOURCES

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- [www.statefarm.com/simple-insights/auto-and-vehicles/teen](http://www.statefarm.com/simple-insights/auto-and-vehicles/teen)  
State Farm® Teen Driver Website
- [stoptextsstopwrecks.org](http://stoptextsstopwrecks.org) Stop The Texts. Stop The Wrecks sponsored by NHTSA
- [www.teendriversource.org/learning-to-drive/practice-driving-lessons](http://www.teendriversource.org/learning-to-drive/practice-driving-lessons)  
Parent-Supervised Driving Lesson Plans | Teen Driver Source
- [www.trafficsafety.org](http://www.trafficsafety.org) Network of Employers for Traffic Safety
- [www.vdh.virginia.gov/vdhlivewell/injury-prevention/](http://www.vdh.virginia.gov/vdhlivewell/injury-prevention/)  
Virginia Center for Injury Prevention
- [www.virginiadot.org](http://www.virginiadot.org) Virginia Department of Transportation website
- [www.yovaso.org](http://www.yovaso.org) Youth of Virginia Speak Out About Traffic Safety
- <https://www.trafficsafetymarketing.gov>  
Traffic Safety Marketing – Teen Safety
- [www.doe.virginia.gov/instruction/driver\\_education/parent\\_teen\\_driving\\_guide.pdf](http://www.doe.virginia.gov/instruction/driver_education/parent_teen_driving_guide.pdf)  
Department of Education 45-hour parent/teen guide
- <https://vadets.wildapricot.org/Choose-Your-Vibe-Arrive-Alive!-Student-Resources/>  
Virginia Driver Education and Traffic Safety (VADETS)
- <https://safeteendriving.org> Partners for Safe Teen Driving
- [https://www.cdc.gov/transportationsafety/teen\\_drivers/](https://www.cdc.gov/transportationsafety/teen_drivers/)  
Centers for Disease Control and Prevention: Teen Drivers
- <https://madd.org/power-of-youth/> MADD Power of You(th)® Handbooks & Toolkit
- <https://www.respondersafety.com/rs-tim-resources/videos/struck-by-survivor-stories/>  
The Importance of Roadway Safety - Survivor Stories
- <https://www.carsafetynow.org/teen-safety/>  
In Control Program Toolkit for Teen Drivers
- <https://sharevaroads.org/download-pocket-guide/>  
Share VA Roads Pocket Guide
- <https://wesavelives.org> We Save Lives
- <https://www.hangupanddrive.com/our-story/> Hang Up and Drive – Jacy and Steve’s Story
- <https://www.enddd.org> End Distracted Driving
- [https://www.safekids.org/safetytips/field\\_risks/teen-drivers](https://www.safekids.org/safetytips/field_risks/teen-drivers)  
Teen driver facts and tips

# NATIONAL TRAFFIC SAFETY FACTS AND FIGURES LINKS

(Printouts are included in the Challenge Binder)

2020 AAA Traffic Safety Culture Index -Oct 2021

<https://aaafoundation.org/wp-content/uploads/2021/09/2020-Traffic-Safety-Culture-Index-October-2021.pdf>

2020 DISTRACTED DRIVING

<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813309>

2020 PASSENGER VEHICLES Traffic Safety Fact Sheet

<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813323>

2020 PEDESTRIANS Traffic Safety Fact Sheet

<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813310>

2020 SPEEDING Traffic Safety Fact Sheet

<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813320>

2020 State Farm-Activities participated in while driving by age of driver

<https://presspage-production-content.s3.amazonaws.com/uploads/1441/2021-05-06-distracteddriving-report.pdf?10000>

2020 Teen Distracted Driver Data

<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813315>

2020 YOUNG DRIVERS Traffic Safety Fact Sheet

<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813313>

2022 Buckle Up Thanksgiving Fact Sheet

[https://www.trafficsafetymarketing.gov/sites/tsm.gov/files/2022-08/15636a-BuckleUp\\_Thanksgiving\\_FactSheet\\_final-tag.docx](https://www.trafficsafetymarketing.gov/sites/tsm.gov/files/2022-08/15636a-BuckleUp_Thanksgiving_FactSheet_final-tag.docx)

2021 Virginia Traffic Crash Facts

[https://www.dmv.virginia.gov/safety/crash\\_data/crash\\_facts/crash\\_facts\\_21.pdf](https://www.dmv.virginia.gov/safety/crash_data/crash_facts/crash_facts_21.pdf)

2022 State Farm-What distracts you from driving safely?

<https://newsroom.statefarm.com/what-distracts-you-from-driving-safely/>

Seat Belt Use in 2021 – Overall Results

<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813241>

# VIDEO RESOURCE LINKS

[youtube.com/channel/UCyTvSk5cH6\\_p\\_WS8NVhWUrA](https://www.youtube.com/channel/UCyTvSk5cH6_p_WS8NVhWUrA)

Drive Safe Hampton Roads – YouTube  
Be sure to check our channel frequently.  
We consistently add resources as they become available.

[youtube.com/channel/UCPGevUmqpEaeYoXhkN4OL9g](https://www.youtube.com/channel/UCPGevUmqpEaeYoXhkN4OL9g) TeenDrivingPlan – YouTube

<a href="https://youtu.be/QzeloFxp2Ws">youtu.be/QzeloFxp2Ws</a>	Big Monster American
<a href="https://youtu.be/HRzZc6i5V1I">youtu.be/HRzZc6i5V1I</a>	Buckle Up Buchanan
<a href="https://youtu.be/3m53QQRyUJE">youtu.be/3m53QQRyUJE</a>	Buckle Up - Enough Reasons
<a href="https://youtu.be/TCBduyUevFY">youtu.be/TCBduyUevFY</a>	Buckle Up, James City County
<a href="https://youtu.be/wlcOIBcMFjU">youtu.be/wlcOIBcMFjU</a>	Buckle Up Lee
<a href="https://youtu.be/G7CNvZLGJec">youtu.be/G7CNvZLGJec</a>	Buckle Up, Newport News
<a href="https://youtu.be/mNoyMnswJ8s">youtu.be/mNoyMnswJ8s</a>	Buckle Up, Norfolk
<a href="https://youtu.be/LWXyyTmBjxs">youtu.be/LWXyyTmBjxs</a>	Buckle Up, Portsmouth
<a href="https://youtu.be/VYQstUiC334">youtu.be/VYQstUiC334</a>	Buckle Up - Share this video and save a life
<a href="https://youtu.be/VdJu3eq_WcE">youtu.be/VdJu3eq_WcE</a>	Buckle Up, Williamsburg
<a href="https://youtu.be/4wywatqdx2I">youtu.be/4wywatqdx2I</a>	Buckle Up, York
<a href="https://youtu.be/h-8PBx7isoM">https://youtu.be/h-8PBx7isoM</a>	Embrace Life - Always Wear Your Seat Belt Ad
<a href="https://youtu.be/LibvmtY-GQ0">youtu.be/LibvmtY-GQ0</a>	Every Seat, Every Time (AAA)
<a href="https://youtu.be/6W2ZNLg_u4k">youtu.be/6W2ZNLg_u4k</a>	Franklin is a Great Place to Live
<a href="https://youtu.be/LV05jbqrANw">youtu.be/LV05jbqrANw</a>	Keep Your Loved Ones Alive, Bedford
<a href="https://youtu.be/SHTseucaPTo">youtu.be/SHTseucaPTo</a>	Leading safety into the future: Teen driving
<a href="https://youtu.be/cOxO77Sf4Bs">youtu.be/cOxO77Sf4Bs</a>	Make the Wise Choice, Buckle Up
<a href="https://youtu.be/2GVjcpsRarw">youtu.be/2GVjcpsRarw</a>	No Seatbelt No Excuse
<a href="https://youtu.be/ncgUdAZG5gA">youtu.be/ncgUdAZG5gA</a>	Please Buckle Up, Pittsylvania
<a href="https://youtu.be/L66lnVvdGgM">youtu.be/L66lnVvdGgM</a>	Randall Siddens' Story (30 sec PSA #1)
<a href="https://youtu.be/cWpF-bnftis">youtu.be/cWpF-bnftis</a>	Randall Siddens' Story (30 sec PSA #2)
<a href="https://youtu.be/O8WGCBzeU1s">youtu.be/O8WGCBzeU1s</a>	Randall Siddens' Story (2 Minute Video)
<a href="https://youtu.be/b81kzNGN5TM">youtu.be/b81kzNGN5TM</a>	Randall Siddens' Story (4 Minute Video)
<a href="https://youtu.be/sllfmc4N5s4">youtu.be/sllfmc4N5s4</a>	Safety Tips for Teen Drivers   Consumer Reports
<a href="https://youtu.be/A7YpHXPAk9g">youtu.be/A7YpHXPAk9g</a>	Saved by the Belt: A Teen's Survival Story
<a href="https://youtu.be/LDDqO4tlcHQ">youtu.be/LDDqO4tlcHQ</a>	Sidetracked: The Brutal Realities of Distracted Driving (AAA)

*-additional Video Resource Links can be found on next page-*

# VIDEO RESOURCE LINKS

Continued....

<a href="https://youtu.be/ORWtpkhS3rU">youtu.be/ORWtpkhS3rU</a>	Seat Belt PSA Scary Movie
<a href="https://youtu.be/pYuqLZxcz3A">youtu.be/pYuqLZxcz3A</a>	Seat Belts Save Lives: Full-Length Safety Animation
<a href="https://youtu.be/5kTd2sxEs3g">youtu.be/5kTd2sxEs3g</a>	Sidetracked (Houston Police/AAA Video):Full Video
<a href="https://youtu.be/ZQ7oqmikZDQ">youtu.be/ZQ7oqmikZDQ</a>	Simple Plan - Bring home the full impact of a DUI fatality.
<a href="https://youtu.be/F606yhKCCDw">youtu.be/F606yhKCCDw</a>	Take Your Life Seriously, Wythe
<a href="https://youtu.be/8hVrgJMjFuk">youtu.be/8hVrgJMjFuk</a>	This is Why it's Important to Wear Your Seat Belt - Lima Memorial Health System 2018
<a href="https://youtu.be/303MidNkx0A">youtu.be/303MidNkx0A</a>	Teen crash survivors: 'Wear your seat belt'
<a href="https://youtu.be/5E26YsR-ExU">youtu.be/5E26YsR-ExU</a>	Use Your Head, Buckle Up
<a href="https://youtu.be/MH1cGevLE6c">youtu.be/MH1cGevLE6c</a>	Wear a Seat Belt, Amherst
<a href="https://youtu.be/DmlhjMwZs5A">youtu.be/DmlhjMwZs5A</a>	Young Drivers: The High-Risk Years (IIHS)
<a href="https://youtu.be/UldGexBtVfs">https://youtu.be/UldGexBtVfs</a>	Use Your Brain...Choice. Chance. Consequences.
<a href="https://www.youtube.com/playlist?list=PLr6ywkfhU23c1xzsYwP11AODlipNycRiH">https://www.youtube.com/playlist?list=PLr6ywkfhU23c1xzsYwP11AODlipNycRiH</a>	"Safe Driving is Something We Can All Live With" series (VA DMV)
<a href="https://www.facebook.com/watch/133247070294/737094980739259">https://www.facebook.com/watch/133247070294/737094980739259</a>	Speeding Wrecks Lives campaign assets (NHTSA)
<a href="https://vimeo.com/397187632">https://vimeo.com/397187632</a>	How to safely pass an emergency scene
<a href="https://vimeo.com/161785292">https://vimeo.com/161785292</a>	Slow Down and Move Over

## REMINDER:

Check out the DriveSafeHR.org website and the GetItTogetherFacebook pages to see additional pictures and ideas submitted by schools.

**The more active your campaign is, the better your results will be.**

<https://www.drivesafehr.org/>

<https://www.Facebook.com/DriveSafeHR/>

<https://www.Facebook.com/GetItTogetherSeatBeltChallenge>

# PROGRAM IDEAS

- **TeenDrivingPlan YouTube Videos** - For teens to become safe, competent drivers, they need to develop critical driving skills and practice them in a range of driving environments and conditions. The TeenDrivingPlan Practice Guide helps parents take action to keep teen drivers safe and learning. Before starting, watch this video for tips providing a calm, safe environment to help your teen get the most out of driving lessons. <https://www.youtube.com/channel/UCPGevUmqpEaeYoXhkN4OL9g>.
- **Access the TeenDrivingPlan Practice Guide** at <http://bit.ly/2Cwl0Vp>. It includes short videos on practicing specific driving goals in six environments, a Goal Guide, and a Logging & Rating tool.
- **Pledge Drawings** - Enclosed in your resource box is a box of green Pledge Cards to give to students who complete the Pledge Agreement using the school-specific QR Code. In the Forms section of the Challenge Kit binder, there is a Pledge Card Template for Reproduction, duplicate if needed.
- **START A YOVASO CHAPTER IN YOUR SCHOOL** - Contact [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).
- Enter the names of students who sign the pledge to wear their safety belts at all times in **drawings** for prizes. Contact local restaurants, movie theaters, etc. for give-away prize items.
- Design **buckle up posters** to display in school or the school parking lot.
- Announce seat belt statistics, facts, figures, and Get It Together Buckle Up information during **school announcements**. Make up your own or use the ones included in the GIT resources.
- Make **table tent cards** for the school cafeteria with statistics and slogans.
- Announce the Get It Together Challenge with a reminder to Buckle Up on the **school marquee**.
- **E-mail or text students** asking them to buckle up.
- Ask teachers to write "Buckle Up" reminders on their **chalkboards/whiteboards**.
- Design the **school bulletin board** around a safety belt theme.
- Include information about the challenge and seat belt safety in your **school newspaper**.
- **Make flyers** reminding students to buckle up. These can be distributed at school.
- Announce the Get It Together Seat Belt Challenge at **halftime of home sports events** and encourage everyone to buckle up.
- Set up a **Buckle Up for Safety table** at home sporting events.
- Make a large seat belt for your **school mascot** to wear at home sporting events.
- Insert a **seat belt flyer** in the programs at school sports events.
- Ask your **local radio stations or newspaper** to promote your school's participation in the Get It Together Buckle Up Challenge and ask them to run information about safety belt use.
- Hand out '**Dum Dum**' suckers with "Don't be a Dum Dum, Buckle Up" label or **Smarties** with "Be a Smartie – Buckle Up" label.

*-additional Program Ideas can be found on next page-*

# PROGRAM IDEAS

## Continued....

- ❑ Have a **'Ghost-Out' day** to show the number of teens killed who were not buckled up. White or black shirts can be used as "Ghost Shirts". A group of students is selected to be "ghosts" or representatives of teens killed in crashes who were not wearing seat belts. The students do not speak throughout the school day and are dressed in white or black t-shirts with faces painted white to simulate a "ghost." Announcements are made throughout the day making the students aware of the "ghosts" and their significance.
- ❑ **Creative Writing Contest or Display** - Entries may include essays, poems, skits/plays, articles
- ❑ Design a **Facebook page or other social media page** that promotes the campaign and seat belt use.
- ❑ **Grim Reaper Day** - A student dressed as the Grim Reaper 'silences' students throughout the day. Each time a student is 'silenced', their face is painted white and they are asked to be silent for the remainder of the day. Another method is to have the student put on a long, white shirt and wear a yellow placard around their neck describing how they "died," based on true events of not wearing of a seat belt.
- ❑ Set up **flower memorials** in honor of teens killed in unrestrained crashes.
- ❑ **Poster Contests or Display** - Specifics to be determined by your school.
- ❑ **Principal Initiated Challenges And Incentives** - School administrators can offer special incentives for their students if they reach specific goals.  
Examples – reaching 90% belt use = administrators will play basketball against the varsity team or  
100% belt use = Principal will dye hair or be the clown at a school function. You decide!
- ❑ **School Support Day** -- Encourage students and faculty to wear school spirit t-shirts to support buckling up and driving without distractions. Could use white t-shirts and students can add "Buckle Up" and "No Texting" messages to the t-shirts.
- ❑ Have students create **public service announcements** to be used during the morning announcements or at school functions, such as basketball games, dances, etc.
- ❑ Each school has the flexibility to create its own **Community Service Project** event to educate the community about a traffic safety issue—seatbelt usage, child safety seats, teen driving, etc. The community service could include supporting an existing program, hosting a child safety seat installation event, or setting up a teen driver safety day event.
- ❑ **Loss Of Parking Decals** - Schools may set precedents that students must remain buckled at all times & off of cell phones while on school property, or the student may lose their student parking decal.
- ❑ Use sidewalk chalk to draw out slogans or images related to seat belt safety. Pictures can be drawn on school-approved surfaces, i.e. concrete walkways leading into the school, student parking lot.
- ❑ Students attach **holiday-related safety slogans** to pieces of candy and distribute them to students during lunch periods.



**Be creative, have fun, and come up with your own ideas! Be sure to document.**

# SEAT BELT RELAY



"The Great Seat Belt Relay" is a perfect mix of education and fun.

Teams of four people sit in a car, two in front and two in back, all buckled in for safety. A whistle blows, and everyone unbuckles and dashes to the next clockwise seat and re-buckles. When all four have buckled in, the whistle blows again, and everyone moves again! To complete the relay, the team needs to rotate four times, running around the car clockwise and buckling up each time. The relay is complete when contestants are buckled back into their original seats.

Here is what you need. First of all, a car. It should be a four-door vehicle and both the front and the back seat should have shoulder-harness seat belts. You need a referee to judge when all four contestants are buckled in correctly, blow the whistle and keep time for each team. And lastly, you will need a scoreboard. As each team is finished, their time should be marked on the scoreboard so that teams waiting know what time they need to beat.

# NEWSLETTER ARTICLE

**Please see below for a draft template you can use for your school or PTA newsletter.  
(Insert your school name when indicated)**

## **Attention Faculty, Students, and Parents:**

(School Name) will be participating in this year's GET IT TOGETHER High School Seat Belt Challenge. Led by Drive Safe Hampton Roads and supported by local traffic safety groups, the Get It Together Challenge aims to increase seat belt use and improve driving behaviors for teens in Hampton Roads, in an effort to save young lives. The Campaign consists of an education program and seat belt checks in school parking lots.

Statistics from 2021 show that 60 teens, ages 15-19, died on the roads of the Commonwealth; 9 of those fatalities were in Hampton Roads. Last year alone found 3,802 teens across Hampton Roads involved in motor vehicle crashes resulting in 1,303 injuries and 5 unrestrained teen fatalities. These grim statistics show the primary causes of teen deaths on the roadways are; driver inexperience, driver distraction, not wearing seat belts, excessive speed, and alcohol use.

This year's contest includes 23 schools representing the cities of Chesapeake, Hampton, James City County, Newport News, Norfolk, Portsmouth, Suffolk, Virginia Beach, and York County. Drive Safe Hampton Roads joins community partners -AAA Tidewater Virginia™, Christopher King Foundation, State Farm™, and The Virginia Department of Motor Vehicles- as sponsors of the Get It Together High School Safety Belt Challenge for the 2022–2023 school year.

Let's work together to save lives at (School Name).

**Buckle Up...Every Trip, Every Time!**



# School Announcements & Seat Belt Statistics

The following suggestions can be used for school announcements or you can create your own about the Get It Together, Buckle Up Challenge.

## Sample School Announcements:

1. Hi, this is \_\_\_\_\_ and I am with the school's \_\_\_\_\_ Club. We need your help to increase seat belt use. Your participation does count; all you have to do is wear your seat belt every time you get into a car and pledge to always buckle up. The campaign is called "Get It Together." It is a seat belt challenge between participating high schools in Hampton Roads. So, start wearing your seat belt every time you get into a vehicle and please sign the pledge petition to always buckle up that we will be passing around. This Drive Safe Hampton Roads competition is being held from October 17, 2022 through February 10, 2023. We will check to ensure everyone is wearing their seat belt, so please buckle up.
2. The \_\_\_\_\_ Club wants everyone to make it safely through the school year. Please remember to always buckle up and encourage your friends and family to do the same. Buckling up takes only a second and it is a habit that can save your life.
3. Please show your school pride and buckle up on every ride. Your support will help our school win the annual "Get It Together Seat Belt Challenge."
4. Did you know that not wearing a seatbelt accounted for 5 Hampton Roads teen deaths out of the 33 unrestrained teen fatalities this past year? Don't be a Virginia statistic. Please Buckle Up: Every Ride, Every Time.
5. The \_\_\_\_\_ Club wants you to start a habit of buckling up every time you get into a vehicle. Please sign our Buckle Up Pledge. Wearing a seat belt only takes a second and it could save your life during a crash.
6. Remember to wear your seat belt correctly. The shoulder harness should fit snugly across the collarbone and chest – not across the neck or face. The lap belt should also fit snugly across your hips – not ride up on your stomach. And it doesn't go behind your back. And remember, don't wear your backpack while you ride.
7. Airbags do not replace the need for seat belts. When used with safety belts, airbags further reduce the risk of death or injury in the event of a crash.

## Statistics/Facts:

- Seat belt use is the single most effective way to protect people and reduce fatalities in motor vehicle crashes, yet only 81.7% of Virginians wear them.
- Of last year's 968 traffic fatalities in Virginia, 334 victims were not wearing a seat belt. (2021)
- In 2021, 60 teens, age 15-19, died on the roads of the Commonwealth, 9 of those fatalities in Hampton Roads.
- In Hampton Roads, not wearing a seatbelt was the cause of 42% of the 111 traffic-related deaths in vehicles equipped with safety restraints last year. (2021)
- In 2021, 3,802 teens (ages 15-19) across Hampton Roads were involved in motor vehicle crashes resulting in 1,303 injuries.
- Lack of a seat belt accounted for 5 teen deaths in Hampton Roads out of the 33 unrestrained teen fatalities statewide.
- The Hampton Roads area had 185 total traffic-safety-related fatalities. When worn correctly, seat belts are effective in saving your life in a crash.
- Safety belts are your best defense against death and serious injury in a traffic crash. You are twice as likely to die or sustain serious injury in a crash if you are unbelted.
- Over the course of a lifetime, the average person has a total of 3-4 traffic crashes. During a lifetime, your chances of dying in a car crash at 1 in 101 (2020).

# Humorous Morning Announcements

**# 1 How to meet more law enforcement officers.** Since not wearing a safety belt is against the law, one easy way to get law enforcement officers to notice you is to drive around without wearing one. And in May, law enforcement officers all over the country conduct a special safety belt mobilization just to catch people who don't buckle up so they can give them a ticket. Bottom line — not wearing a safety belt can result in a roadside chat under flashing lights.

**# 2 How to get to the hospital really fast.** Don't wear your safety belt, get in a crash, and take the ambulance. Maybe you'll even get to skip all the red lights on the way to the hospital or the morgue. If you don't wear a safety belt, you double your chances of getting seriously injured — maybe even permanently disabled or disfigured. Safety belts can secure you and the people you like. Not wearing safety belts can secure you a plate of hospital food.

**# 3 How to get a facial — for free!** Just unbuckle your safety belt and you're a lot more likely to be thrown from the car. You'll be using the world's most powerful facial scrub: pavement. For more extensive work, try a brick wall. Safety belts can secure you and the people you like. Not wearing safety belts can give you a whole new look.

**# 4 How to elude law enforcement.** Some people probably like being pulled over by a law enforcement officer. But if you're not one of them, you should know that in May, law enforcement agencies all over the country have this safety belt mobilization just to catch people who don't buckle up so they can give them a ticket. So, watch yourself. Safety belts can secure you and the people you like. Not wearing safety belts can secure you a ticket.

**# 5 How to get people killed.** There are lots of ways to help people bite the dust. But one way that works really well for teens is this: Don't wear a safety belt. At no other time in your life will you be more likely to die or get seriously injured in a crash. Safety belts can secure you and the people you like. Not wearing safety belts is deadly.

**# 6 How to fly without a plane ticket or a pilot's license.** Just don't wear a safety belt and you can fly right out of the car in a crash. It's a brief flight, although the landing isn't all that great. Neither is the crippling injury or disfigurement you might get as a result. Safety belts can secure the people you like. Not wearing safety belts can hurt.

**# 7 How to get a new set of wheels.** Not everyone dies in a serious car crash—some become permanently disabled. Some get new wheels — as in a wheelchair. Safety belts can secure you and the people you like. Not wearing safety belts can secure you a different type of wheels.

**# 8 How to blow a lot of money.** Just get a ticket for not wearing a safety belt, which is really easy to do. Law enforcement officers are having this safety belt mobilization in May, which means that they're specifically looking for people who aren't wearing safety belts and writing more tickets than usual. Safety belts can secure you and the people you like. Not wearing safety belts can secure you a really big ticket.

# RIP AND READS

## Today's tip # 1:

**Forget to wear your belt and it'll be like you got Punk'd...**Imagine you're out driving with your friends. No one is wearing a belt, and you roll up on a safety belt checkpoint. There are flashing lights, maybe some TV cameras, and lots of police officers. LOTS of police officers. They wave you over, ask for your license, and then a few minutes later, they give you an expensive ticket – maybe with points. You're so busted. And completely embarrassed. You keep hoping that someone will jump out and tell you that you've been PUNK'D, but it never happens. Or maybe, in a way, it has...

## Today's tip # 2:

**It's like the gift that keeps on giving...**Drive without a safety belt, and you're going to get a ticket. And then you're going to give up money for the fine. And then your insurance is going to go up. And then your parents are going to find out, and you'll be giving them your car keys. And then you're going to be broke with no car and riding the bus. Isn't it just easier to buckle up?

## Today's tip # 3:

**Show 'em some love...**You spent all that time and energy trying to get that special someone to go out with you. And now, finally, you're sitting in the car with him or her and you want to show some love. Remind 'em to buckle up. Just think how much they'll respect you in the morning...

## Today's tip # 4:

**You know how your friends drive, so doesn't it make sense to buckle up?** Okay, so you'd never tell your friends to their face. But some of them are really BAD drivers. They speed, turn too fast, talk to the people in the back seat – they're an absolute menace. So be a friend – make sure that they buckle up and make sure that you do too. It could make you friends for life.

## Today's tip # 5:

**Pick-ups are built to last. But all that steel won't help you if you're thrown out of the truck in a crash...** So why take the chance? Buckle up in your truck.

## Today's tip # 6:

**Around these parts, friends look out for one another...** Look out for your friends by looking out for yourself: Buckle Up! You'll spare them from having to visit your hospital room or your gravesite.

## Today's tip # 7:

**Crashes don't always kill...**Sometimes they leave people disfigured or disabled; some are paralyzed. So why take the chance? So, protect yourself and buckle up.

# PLEASE GOD, I AM ONLY 17

The day I died was an ordinary school day. How I wish I had taken the bus. But I was too cool for the bus. I remember how I wheedled the car out of Mom. "Special favor," I pleaded. "All the kids drive." When the 2:50 bell rang, I threw all my books in the locker. I was free until 8:40 tomorrow morning! I ran to the parking lot, excited at the thought of driving a car and being my own boss. Free!

It doesn't matter how the accident happened. I was goofing off - going too fast. Taking crazy chances. But I was enjoying my freedom and having fun. The last thing I remember was passing an old lady who seemed to be going awfully slow. I heard the deafening crash and felt a terrible jolt. Glass and steel flew everywhere. My body seemed to be turning inside out. I heard myself scream.

Suddenly I awakened; it was very quiet. A police officer was standing over me. Then I saw a doctor. My body was mangled. I was saturated with blood. Pieces of jagged glass were sticking out all over. Strange that I couldn't feel anything.

Hey, don't pull that sheet over my head! I can't be dead. I'm only 17. I've got a date tonight. I'm supposed to grow up and have a wonderful life. I haven't lived yet. I can't be dead.

Later I was placed in a drawer. My folks had to identify me. Why did they have to see me like this? Why did I have to look at Mom's eyes when she faced the most terrible ordeal of her life? Dad suddenly looked like an old man. He told the man in charge, "Yes, this is my child".

The funeral was a weird experience. I saw all my relatives and friends walk toward the casket. They passed by, one by one, and looked at me with the saddest eyes I've ever seen. Some of my friends were crying. A few people touched my hand and sobbed as they walked away.

Please - somebody - wake me up! Get me out of here! I can't bear to see my mom and dad so broken up. My grandparents are so wracked with grief they can hardly walk. My brothers and sisters are like zombies. They move like robots. In a daze, everybody. No one can believe this. And I can't believe it, either.

Please don't bury me! I'm not dead! I have a lot of living to do! I want to laugh and run again. I want to sing and dance. Please don't put me in the ground. I promise, if you give me one more chance, God, I'll buckle up and be the most careful driver in the whole world. All I want is one more chance.

Please, God, I'm only 17!

## **WEAR YOUR SAFETY BELT...**

(Taken from Dear Abby, 3/24/92, updated 2022)

**Wear your safety belt and increase your prospects of surviving a serious crash.**

**A safety belt isn't a nuisance; it's a lifesaver.**

## ***HOW FAST CAN YOU DIE?***

**Do you know what happens in the first fatal second after a vehicle going 55 mph hits a solid object?**

**In the first 10<sup>th</sup> of a second**, the front bumper and grill collapse.

**In the second 10<sup>th</sup>**, the hood is crumbling, rising and striking the windshield as the spinning rear wheels lift from the ground. Simultaneously, fenders begin wrapping themselves around the solid object. Although the car's frame has been halted, the rest of the car and everything inside it is still going 55 mph. Instinct causes the driver to stiffen his legs against the crash, and they snap at the knee joint.

**During the third 10<sup>th</sup> of the second**, the steering wheel starts to disintegrate and the steering column aims for the driver's chest.

**The fourth 10<sup>th</sup> of the second** finds two feet of the car's front end wrecked, while the rear end still moves at 35 mph. The driver's unbelted body is still traveling at 55 mph.

**In the fifth 10<sup>th</sup> of the second**, the steering column impales the driver and pushes into his/her lungs.

**The sixth 10<sup>th</sup> of the second**, the impact has built up to the point that the driver's feet are ripped out of tightly laced shoes. The brake pedal breaks off. The car frame buckles in the middle. The driver's head smashes into the windshield as the rear wheels, still spinning, fall back to earth.

**In the seventh 10<sup>th</sup> of the second**, hinges rip loose, doors fly open and seats break free, striking the driver from behind.

The seats striking the driver don't bother him...  
because he is already dead.

The last three-tenths of the second  
mean **nothing** to the driver.

## The Benefits of Occupant Protection

Given the following realities, it is hard to understand why anyone would not buckle up:

- On average, **every one of us can expect to be in a motor vehicle crash once every seventeen years.**
- Some people wear safety belts on long trips at freeway speeds, but do not bother with them close to home. However, studies show that **75% of crashes happen within 25 miles of home, and 80% of serious injuries and deaths occur in cars traveling 40 mph. or less.**
- Few people realize that even at low speeds, the impact force on a driver and passengers is brutal. In a car crash at 30 mph., for example, the car stops in one-tenth of a second. But unbelted occupants continue to travel forward at 30 m.p.h. until they strike some part of the car's interior, perhaps the steering wheel or the dashboard. **They then stop—with the same force as if they had jumped off a three-story building headfirst.** It is impossible to brace against that kind of impact.
- Many people believe that it is safer to be ejected from a car or that safety belts will trap them in a burning or sinking car. The fact is that **an occupant is four times more likely to be fatally injured when thrown from the car than when held inside the car protected by a safety belt.** Fire or submersion occurs in less than one-half of 1 percent of motor vehicle crashes. In the unlikely event that either would occur, occupants are far more likely to remain conscious and able to free themselves if they are belted.
- Since many people can move around freely when their safety belts are fastened, they believe that the belts will not protect them in a crash. However, **current safety belts are designed with a reel device that locks the belt in place in case of severe braking or sudden impact.** That same device permits free movement and comfort during normal driving conditions.
- Many people have simply never gotten into the habit of wearing safety belts. As children and young adults, they never learned to buckle up whenever they got into a car. As adults, they have not yet been convinced of the substantial, increased protection that safety belts provide them and their passengers.

# EXCUSES VS FACTS

## EXCUSE #1

I'm only going a short distance, and I won't be driving fast, so I don't need my seat belt.

## FACT

The great majority of accidents occur at less than 30mph and within 5 miles of home.

## EXCUSE #2

Well, so what? If I see that I'm going to crash, I'll brace myself!

## FACT

Not possible. To show you why, let's talk about the speed times weight ratio, which computes your effective weight in a motor vehicle crash. Say you weigh 130 lbs., and you are involved in a crash at 25mph. Your effective weight is your actual weight times your speed or 3,250 lbs. Even if you could react quickly enough, there is no way you would have the strength to brace that much weight.

## EXCUSE #3

But what if the car crashes into water or catches on fire? It's better to be thrown out of the vehicle.

## FACT

Collisions involving fire or submersion total only 1/2 of 1% of all traffic crashes. If you are thrown out of the car, you are four times more likely to be killed than if you stayed in. Plus, if you are unrestrained during a crash, you are more likely to have a severe injury that incapacitates you from being able to get out quickly.

## EXCUSE #4

The seat belt usually wrinkles my clothes or gets them dirty. I spend a lot of time getting ready to go places, and I don't want to get there with wrinkled clothes. Besides that, safety belts are not comfortable.

## FACT

You can very easily get used to the feel of a safety belt, and soon you will feel uncomfortable if you are not wearing it. Sure, maybe your clothes will get wrinkled, or sometimes soiled. But if you are unbelted in a traffic crash you are three times more likely to be injured, and five times more likely to be killed than if you had your belt on. So, would you rather be wrinkled and dirty...or dead?

## EXCUSE #5

Well, I'm really careful about buckling up my younger siblings, but I still don't think I need to wear my seat belt.

## FACT

A common cause of injury to children in vehicles is being crushed by adults who are not wearing seat belts. Remember the speed X weight ratio? Imagine the child being hit by that 3,250 lbs. In fact, one out of four serious injuries to passengers is caused by occupants being thrown into each other.

## EXCUSE #6

But safety belts don't really help much, do they? I mean, why bother if it doesn't make much difference?

## FACT

Safety belts reduce the likelihood of fatal or serious injuries. On a national basis, each increase in safety belt use results in fewer serious and moderate injuries and a huge savings in direct costs to society. And, drivers wearing seat belts have more control over their cars in emergency situations and are more likely to avoid an accident.

## EXCUSE #7

Well, all these facts make sense. But I'm lucky. I'll never be in a crash.

## FACT

Your chances of getting into a car accident are one in 366 for every 1,000 miles driven. During a lifetime, your chances of dying in a car crash at 1 in 101 (2020). Traffic crashes rank as the No. 1 killer of Americans ages 1-44.

**Sure, maybe you are lucky. Maybe you won't ever be involved in a traffic crash.**

**But the statistics say you will be.**

**Why risk your life when you might save it just by wearing your seat belt whenever you are in a car.**

**Teen speeding and distracted driving are particularly dangerous due to the lack of experience of young drivers (ages 15-19), who are more likely to overcorrect, run off the road, or lose control of their vehicles. For these reasons, fatal crashes involving teen drivers are on the rise.**

***Please - don't take a chance. DRIVE SAFE and Buckle Up!***

# THE THREE COLLISIONS OF A CAR CRASH

**THE CAR'S COLLISION:** This first collision is known as the car's collision. This collision causes the car to buckle and bend as it hits something and comes to an abrupt stop. This occurs in approximately 1/10 of a second. The crushing of the front end absorbs some of the force of the crash and cushions the rest of the car. As a result, the passenger compartment comes to a more gradual stop than the front of the car.

**THE HUMAN COLLISION:** The second collision occurs as the car's occupants hit some part of the vehicle. At the moment of impact, unbelted occupants are still traveling at the vehicle's original speed. Just after the vehicle comes to a complete stop, these unbelted occupants will slam into the steering wheel or the windshield or some other part of the vehicle interior. This is the human collision. Another form of human collision is the person-to-person impact. Many serious injuries are caused by unbelted occupants colliding with each other. In a crash, occupants tend to move toward the point of impact, not away from it. People in the front seat are often struck by *unbelted* rear-seat passengers who have become high-speed projectiles.

**THE INTERNAL COLLISION:** Even after the occupant's body comes to a complete stop, the internal organs are still moving forward. Suddenly, these organs hit other organs or the skeletal system. This third collision is the internal collision and often causes serious or fatal injuries.

**SO, WHY SAFETY BELTS?** During a crash, properly fastened safety belts distribute the forces of rapid deceleration over larger and stronger parts of your body such as the chest, hips, and shoulders. The safety belt stretches slightly to slow your body down and to increase its stopping distance. The difference between the belted person's stopping distance and the unbelted person's stopping distance is significant. It is often the difference between life and death.

Any questions?

(Excerpts from: SUDDEN IMPACT, NHTSA)

***DON'T FORGET TO WEAR YOUR SEATBELT!***



On your way home, do yourself a favor and buckle up!  
The few seconds it takes to click the seat belt together could make  
a lifetime of difference if you are involved in a crash.

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On your way home, do yourself a favor and buckle up!  
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# *DON'T FORGET TO WEAR YOUR SEATBELT!*



On your way home, do yourself a favor and buckle up! The few seconds it takes to click the seat belt together could make a lifetime of difference if you are involved in a crash.

**DRIVE SAFE HAMPTON ROADS  
RECOGNIZES THE FOLLOWING  
GET IT TOGETHER  
SEAT BELT CHALLENGE  
PARTNERS:**

**AAA TIDEWATER VIRGINIA®**

**CHRISTOPHER KING FOUNDATION**

**STATE FARM®**

**VIRGINIA DEPARTMENT  
OF MOTOR VEHICLES**

**AND TO ALL THE COMMUNITY LIAISONS,  
RESOURCE PROVIDERS, AND VOLUNTEERS...**

**THANK YOU FOR YOUR HELP!**

