



Teachers' Notes

Curricular links to Health Education 5-14 National Guidelines and RSE Guidelines

Attainment outcome: Taking responsibility for health

LEVEL C

STRAND	ATTAINMENT TARGET	RSE GUIDELINES
Social health This strand explores the interaction of the individual, the community and the environment in relation to health and safety.	Demonstrate safe ways of responding to risks to health and personal safety in their community e.g. following codes of safety.	Seat belts.

Teaching Background Information

- ➔ If suitably restrained a child is 90% less likely to be killed.
- ➔ A recent survey showed that 40% of child seats checked in Scotland were incorrectly fitted. Many children are not restrained at all.
- ➔ Most accidents occur within a few miles of home at speeds lower than 30 mph on everyday trips to the shops, school or playgroup. It is on these short trips that children are more likely to be unrestrained.
- ➔ In an accident, restraints perform two major functions:
 1. They help to stop a child from hitting parts of the car, other occupants or from going through the windscreen.
 2. Because the belts stretch, or the seat harness has a two finger gap, a child will stop much more gently than by hitting the dashboard or other parts of the car.
- ➔ You may decide to order copies of the leaflets '*Seat belts and child restraints*' (DfT) and '*Get Across Road Safety: An Essential Guide for Parents with Children in the Age Zone of 7-10*' (DfT). These could be handed out to parents to coincide with this lesson.
- ➔ For the latest legislation on seat belts, please refer to the websites below.

www.srsc.org.uk

www.protectchild.co.uk

www.childcarseats.org.uk/links



Suggested Lesson Plan

Aims

- ➔ To show an understanding of rules in relation to wearing a seat belt when travelling in a car.

Learning Outcomes

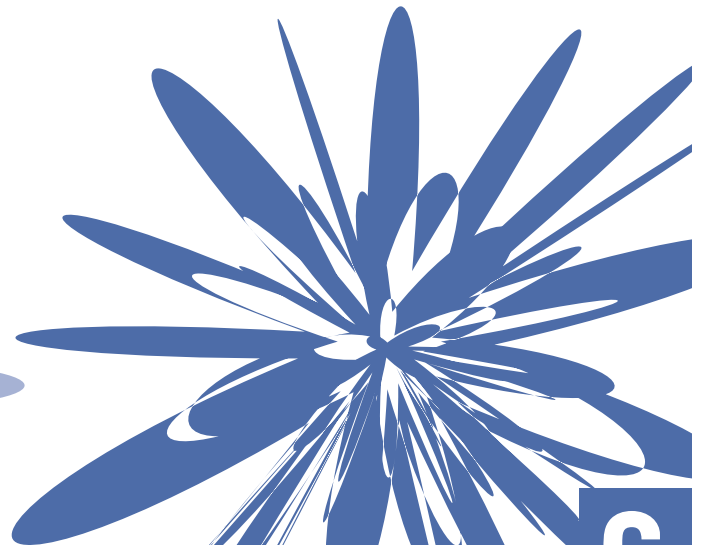
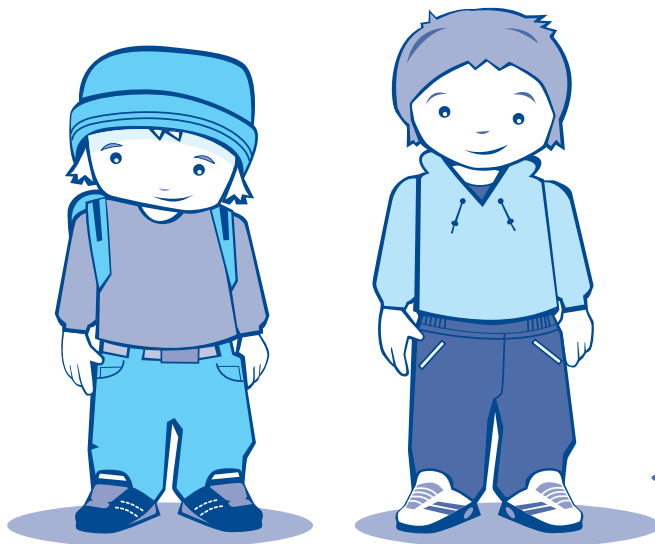
- ➔ Find out about laws and appropriate behaviour codes for travelling in a car.

Resources

- ➔ Worksheet C2a – Seat Belts. NOTE: If you want to make this as up-to-date as possible you will need to download information from the web on current seat belt legislation. You can then fill out the blank table.
- ➔ Sheet C2b – Seat Belts Travel Log.
- ➔ Poster 'In-Car Safety'.
- ➔ Glossary.
- ➔ Word Flashcards.
- ➔ *Seat belts and child restraints leaflet (DfT)* (in 'Additional Resources' folder).
- ➔ *Get Across Road Safety: An Essential Guide for Parents with Children in the Age Zone 7-10 leaflet (DfT)* (in 'Additional Resources' folder).

Suggested Timing

- ➔ 40 minutes.





Suggested Lesson Plan

Suggested Development of Lesson

- ➔ Discuss poster on 'In-Car Safety'.
- ➔ Distribute Worksheet C2a (either with the completed table or with your own updated table). Ask the pupils some questions to ensure they can read the table of information e.g. What must a 5 year old wear if travelling in the back of a car? What must a 17 year old wear if travelling in the back of a car?
- ➔ Discuss the differences between a seat belt and child restraint (this recaps on Seat Belts at Level A). Child restraints come in a wide variety, such as baby seats, child seats, booster seats and booster cushions. Please refer to the leaflet '*Seat Belts and Child Restraints*' (DfT) for additional information. You may want to use the Glossary and Word Flashcards.
- ➔ Give pupils time to complete Worksheet C2a.
- ➔ Distribute copies of Sheet C2b for completion at home. Explain that they should check their own belt for twists, obstructions and damage. The seat belt should fit snugly.
- ➔ You may want to distribute the leaflet '*Seat belts and child restraints*' (DfT) to parents and link in with national police campaigns. You may also want to give parents '*Get Across Road Safety: An Essential Guide for Parents with Children in the Age Zone 7-10*' (DfT).

Assessment

- ➔ Correct completion of Worksheet C2a (see answers).

Curricular Links

- ➔ English Language – Reading: Reading for information.

Worksheet C2a Seat Belts

Name: _____

Date: _____

TASK

- ➡ Look at the table below carefully.
- ➡ Use the information in it to answer the questions.

AIM: you are going to find out about seat belts and the law.



PERSON IN THE CAR	FRONT SEAT	BACK SEAT	PERSON RESPONSIBLE
Driver	Seat belt must be worn.		Driver
Child (0-3 years)	Child restraint must be used.	Child restraint must be used.	Driver
Child (3-11 years)	Child restraint must be worn if there is one. If not, an adult seat belt must be worn.	Child restraint must be worn if there is one. If not, an adult seat belt must be worn.	Driver
Child (12 or 13 years)	Adult seat belt must be worn, if available.	Adult seat belt must be worn, if available.	Driver
Adult passenger (over 14 years)	Seat belt must be worn if available.	Seat belt must be worn if available.	Passenger

1. Who is responsible for the safety of a 2 year old child travelling in the front seat of a car? _____
2. Who is responsible for the safety of a 12 year old boy travelling in the front seat of a car? _____
3. Who is responsible for the safety of a 70 year old woman travelling in the back seat of a car? _____
4. What must a 9 year old wear in the back seat of a car? _____



EXTRA

1. Now design a poster to encourage people to use their seat belts whilst travelling in a car.
2. Try to come up with your own catch phrase to remind people to 'belt-up'.



Law – A rule or set of rules which tell you what may or may not be done.

Child Restraint – This is a baby seat, child seat or booster seat.

Person Responsible – This is who must make sure the seat belt is worn. They will be charged by the police if certain people are not wearing their seat belt.

Worksheet C2a Seat Belts

Name: _____

Date: _____

TASK

- ➔ Look at the table below carefully.
- ➔ Use the information in it to answer the questions.

AIM: you are going to find out about seat belts and the law.

PERSON IN THE CAR	FRONT SEAT	BACK SEAT	PERSON RESPONSIBLE
Driver			
Child (0-3 years)			
Child (3-11 years)			
Child (12 or 13 years)			
Adult passenger (over 14 years)			

1. Who is responsible for the safety of a 2 year old child travelling in the front seat of a car? _____
2. Who is responsible for the safety of a 12 year old boy travelling in the front seat of a car? _____
3. Who is responsible for the safety of a 70 year old woman travelling in the back seat of a car? _____
4. What must a 9 year old wear in the back seat of a car? _____



EXTRA



1. Now design a poster to encourage people to use their seat belts whilst travelling in a car.
2. Try to come up with your own catch phrase to remind people to 'belt-up'.

Law – A rule or set of rules which tell you what may or may not be done.
Child Restraint – This is a baby seat, child seat or booster seat.
Person Responsible – This is who must make sure the seat belt is worn. They will be charged by the police if certain people are not wearing their seat belt.

Pupil Activities Answers

TASK

- ➔ Look at the table below carefully.
- ➔ Use the information in it to answer the questions.

AIM: you are going to find out about seat belts and the law.

PERSON IN THE CAR	FRONT SEAT	BACK SEAT	PERSON RESPONSIBLE
Driver	Seat belt must be worn.		Driver
Child (0-3 years)	Child restraint must be used.	Child restraint must be used.	Driver
Child (3-11 years)	Child restraint must be worn if there is one. If not, an adult seat belt must be worn.	Child restraint must be worn if there is one. If not, an adult seat belt must be worn.	Driver
Child (12 or 13 years)	Adult seat belt must be worn, if available.	Adult seat belt must be worn, if available.	Driver
Adult passenger (over 14 years)	Seat belt must be worn if available.	Seat belt must be worn if available.	Passenger

1. Who is responsible for the safety of a 2 year old child travelling in the front seat of a car? ***The Driver.***
2. Who is responsible for the safety of a 12 year old boy travelling in the front seat of a car? ***The Driver.***
3. Who is responsible for the safety of a 70 year old woman travelling in the back seat of a car? ***The 70 year old woman.***
4. What must a 9 year old wear in the back seat of a car? ***Child restraint must be worn if there is one. If not, an adult seat belt must be worn.***

EXTRA

1. Now design a poster to encourage people to use their seat belts whilst travelling in a car.
2. Try to come up with your own catch phrase to remind people to 'belt-up'.

Law – A rule or set of rules which tell you what may or may not be done.

Child Restraint – This is a baby seat, child seat or booster seat.

Person Responsible – This is who must make sure the seat belt is worn. They will be charged by the police if certain people are not wearing their seat belt.

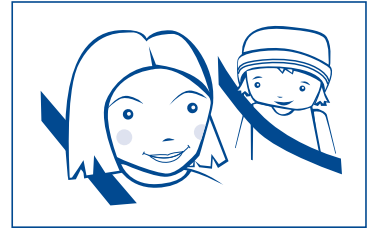
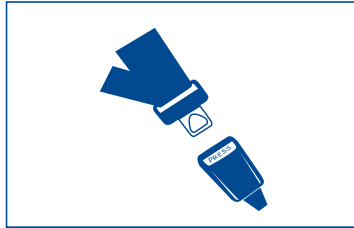
My Travel Log

Name: _____

TASK

I went to _____ on _____

I remembered to:



Check my seat belt.

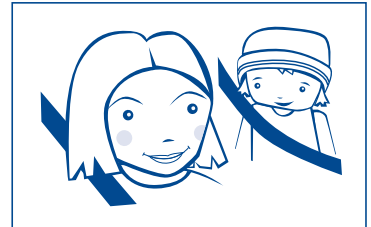
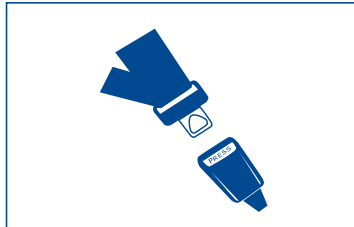
Buckle up my seat belt.

Check everyone else.

Signed _____ Witness _____

I went to _____ on _____

I remembered to:



Check my seat belt.

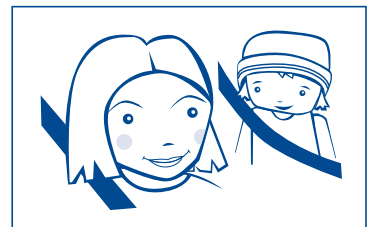
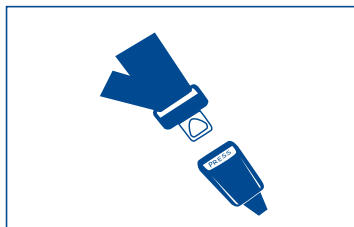
Buckle up my seat belt.

Check everyone else.

Signed _____ Witness _____

I went to _____ on _____

I remembered to:



Check my seat belt.

Buckle up my seat belt.

Check everyone else.

Signed _____ Witness _____