

**HOLD ONTO THE ONE YOU LOVE —  
WITH A SEAT BELT.**



**Most parents agree it's the right thing to do:**

Every child should wear his or her seat belt, and, if younger than 13, the child should sit in a back seat. The challenge is making it happen.

**But guess what?** You may have more influence than you think.

When 8- to 13-year-olds were asked in a recent survey what might get them to wear a seat belt, most cited their own parents.

What's more, tweens mimic their parents when it comes to belts:

If parents buckle up, so do their children. How can you get your child buckled safely in back? **Check out these five ideas:**

# FIVE WAYS TO GET YOUR TWEENS SAFELY BUCKLED UP IN A BACK SEAT:

## 1 Let them pick the radio stations.

Eight to 12-year-olds, like tweens everywhere, are eager to make their own choices, and picking a radio station is often high on their list. Make a deal with your child: If the child sits buckled in back, he or she can pick the radio stations. Otherwise, it's my old-fogey music or the radio news.

## 2 Give them something to do.

A back seat can be a great place for playing electronic games. Store games in a back seat and make games in the front seat off limits.

## 3 Let them own the space.

Tweens are eager to claim their own space. Let them set up places to keep things in a back seat so that's the first place they want to go.

## 4 Buckle up.

Tweens do what you do — if you buckle up, they are more likely to do the same.

## 5 Tell them it's the law.

Seat belts are mandatory by law. Let tweens know belt use isn't an option; **it's the law.**

*Source: Automotive Coalition for Traffic Safety (ACTS)*

[www.tweensafety.org](http://www.tweensafety.org)



# Children younger than 13 are safer in the back seat.

## Seat belts can be used when children can:

- Sit with their back and hips against the vehicle seat back and sit without slouching.
- Bend their knees easily over the front edge of the seat with their feet flat on the floor.
- Safely wear the seat belt.
  - Lap belt low and snug across the hips
  - Shoulder belt across mid-chest and shoulder
- Use properly adjusted vehicle head restraint.
- Stay in position for the entire ride.

If your child cannot follow the above recommendations, your child may need to use a booster seat to make both the shoulder belt and lap belt fit right for the best crash protection.

Strap should cross between neck and arm

Must sit all the way back

Lap belt should be as low as possible



**For more information, contact the**



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

**Division of Injury Prevention and Control**

**800.472.2286**

**Or visit**

**[www.health.state.nd.us](http://www.health.state.nd.us)**

**[www.twensafety.org](http://www.twensafety.org)**