

A SEAT BELT SAFETY PROGRAM  
OF THE  
CIRCLE K CLUBS  
OF  
NEW ENGLAND

**PROJECT B.E.L.T.S.:**  
**Because Everyone Loves To be Safe**

*Sponsored by*

New England District of Circle K  
Kiwanis Foundation of New England  
Kiwanis Pediatric Trauma Institute

## CIRCLE K BUCKLE UP PROGRAM OUTLINE

### **BEFORE YOU START!!!**

If you, as Circle K'ers follow this program's basic outline and make any improvisations you deem fit, then your program is sure to be a success!

**FIRST:** Talk with your club to generate interest about the B.E.L.T.S. program. Make a list with the names and phone numbers of the elementary schools in your area. Make an appointment to meet with the school principal. Let the principal know that you are working with the Kiwanis Pediatric Trauma Institute at Tufts Medical Center on a seat belt program with FREE material and that you would like to do a presentation.

**SECOND:** At the meeting be prepared to explain the program and show a sample of your material. Bring the program itinerary along with you to show to the principal, so he/she knows exactly how the program will be managed. Leave the sample program and materials with the principal. Inform the principal that the program will take approximately 45 minutes to an hour. Bring a list of days and times that work best for your club to discuss with the principal. Don't forget to put your name, address and telephone number on this list.

If you find that you are meeting with resistance from the principal, please contact Vicky at KPTI with the principal's name and telephone number. You may contact her at: telephone 617/636-6381; FAX 617/636-8321 or E-mail at [vguerina@tuftsmedicalcenter.org](mailto:vguerina@tuftsmedicalcenter.org)

**THIRD:** Determine how many students will be participating in the program. After your club has made arrangements with the school, make sure to order your B.E.L.T.S. packets from KPTI. Orders should be placed at least 3 weeks prior to the program date so materials can get to your Circle K club in plenty of time. Fill out the attached form and send it to:

Kiwanis Pediatric Trauma Institute  
800 Washington Street, #344  
Boston, MA 02111

OR

email Vicky, stating the number of packets that are needed and the address and name of the CK member who is receiving the order.

**NOTE:** There should be *at least* 5-6 Circle K members, if possible, involved in the presentation in order for it to be successful.

## INTRODUCTION

- In the United States during 2009, 1,314 children ages 14 years and younger died as occupants in motor vehicle crashes, and approximately 179,000 were injured.
- In 2005, 842 children died and over 16,000 were hospitalized.
- Motor vehicle-related injuries kill more children and young adults than any other single cause in the United States and are the leading cause of death from injury for people of all ages.
- The economic cost to our society is in the billions of dollars, the cost of lost life and the emotional toll on families is unestimable.

*Data from [www.CDC.gov](http://www.CDC.gov)*

We can do something about this tragedy. Teaching everyone and especially our children to use booster seats and seat belts is a big step toward keeping everyone safe on the roadways today and in the future.

Thank you for your ongoing interest in the challenge of trauma prevention and in continued service to the children of your community.

## **OUTLINE OF THE DAY'S EVENTS**

- I. Question and Answer Period
  - II. KWL Chart
  - III. Safety Quiz
  - IV. B.E.L.T.S. Jingle
  - V. Safety Demonstration
  - VI. Distribute Packets
  - VII. Seatbelt Resolution
  - VIII. Congratulations and Conclusion
- Evaluation Form
- Order Form
- Acknowledgements

## THE PROGRAM

- I. Talk to principal prior to the program and make sure each party (Circle Kers, principal, and teacher) understand what each is going to talk about. All CK members giving the presentation should read the program ahead of time to prepare themselves. Roles also should be delegated in advance (i.e. members should know who will be running the quiz show, the BELTS jingle, who will ask which questions, etc.).
- II. Go into the classroom with a positive, optimistic, and enthusiastic attitude; otherwise, you have already decreased your chances for a successful program.
- III. Introduce the Circle K members to the class.
- IV. Now begins the series of questions to get the children as involved as possible in the discussion. This is a good area to improvise depending on the participation level of the kids. The kids might need a little more energizing, so *be creative!*  
*(If questions come up about booster seats, remind them that they need to be in a booster seat so their seat belt fits correctly. It's the law in most states that a child must be 4ft 9in tall and weigh more than 80 pounds to ride in a car without a booster seat. Most kids are at least 8 years old before they don't need a booster seat.)*

Circle K members should ask the following questions (and any others that are inferred from the discussion):

- A. Do you know why we are here today? (Get responses from the class.)
- B. How many of you wear your seat belts? (Responses)
- C. Do your parents and brothers or sisters wear their seat belts? (Get input from individual students.)
- D. How about your other family members like your aunts, uncles, grandparents, and cousins (Responses)
- E. For those of you who don't wear seat belts, what are some of your reasons for not wearing them? (Responses)
- F. Does anyone know why it is important to wear seat belts? (Responses)

- V. Begin by setting up a KWL (Know/Want to Know/Learned) chart either on a chart or the chalkboard. Ask the students if they know what a KWL chart is. If the students do not know, explain to them that this chart is to find out what they know, want to know and have learned about seat belt safety. Ask the children to list facts that they already know about seat belt safety. Once you have come up with a good list of things the children know, ask them what they would like to know about seat belt safety. If the students do not have anything that they want to know, suggest some pre-thought questions that can spark interest with the students. After the presentation you will go back and fill in the 'learned' section with the students.
- VI. Tell the students why seatbelt safety is important. Talk to them about what can happen in a crash if they don't wear a seatbelt. Have Circle K members ask the students questions about what they would do in a car in different scenarios. Come up with creative questions that will interest the kids as well as drive home the information that is being presented.

NOTE: This is another area CK members should discuss ahead of time. Members should come up with questions of their own. The best questions are those that use ridiculous scenarios. This way the children will know the correct answers. For example, "My brother took his seat belt off to jump from the back seat to the front seat. But he's 21, so it's okay for him to do that, isn't it?" Make up stories and try to use more case scenarios than yes/no answers. And try to get a discussion going after each scenario/question to discuss why the answer was right or wrong. BE IMAGINATIVE! This part of the program should be filled with spontaneity and creativity on the CK members' part. Do not be afraid to improvise and make it *animated* and *fun* for the children. Cleverness will elicit a greater reaction in them. Here are a few questions to get you started (members may want to turn these questions into fabricated stories of their own):

Ex. 1: Is it okay to take your seat belt off just as the car you are in is pulling into the driveway? (ANSWER: NO) (Ask if anyone knows why; if not, explain to them and see if you can get a discussion going, leading into the next question.)

Ex. 2: Do you need to buckle up if you are only going for a short ride; for example, if you are visiting your aunt who lives five minutes away or you and your mom are driving to the local market? (ANSWER: YES)

(Ask if anyone knows why; if not, explain to them and see if you can get a discussion going, again leading into the next question.)

Ex. 3: Are more people saved in car accidents when they are NOT wearing their seat belts than when they are wearing them? (ANSWER: When wearing their seat belt)

Ex. 4: Where is the safest seat in a car, the back seat or the front seat? (ANSWER: The back seat. When you have a choice, always choose the back seat.)

- VII. Teach the students the how to do the B.E.L.T.S. jingle. Ask them what sound a seatbelt makes when it is fastened. (Click) Then ask them how they can make a similar sound with their hands. (Snapping) Ask the students if they know what syllables are, explain that “Buckle Up” has three syllables in it, and then put it all together “ Click Click, Buckle Up!” \*Snap on the ‘click’s and clap out the syllables in buckle up\* Try it slow at first, and then have the students see how fast they can do it. Make it fun!
- VIII. Find a clear area in which you can set up four chairs for a seatbelt safety demonstration. Tell the children that you are going to perform a skit and that it is their job to help you decide whether everyone is riding safely in the car based on the information that they have now learned. Have Circle K members act as parents and children in the car and perform various scenarios that the students may face when they get into a car. Make sure that some scenarios show the wrong way- ask students to correct what is wrong with the situation, and then demonstrate the correct way. After the students have answered a number of questions have them give you facts that they learned during the presentation to fill in the ‘L’ column of the KWL chart. Remind the students that they need to follow classroom rules and raise their hand to be called on.
- IX. Distribute B.E.L.T.S. packets to all children who participated. Tell the children the packets are for all of them because they all did such a wonderful job throughout the presentation. Work with the students to complete some of the activities in the B.E.L.T.S. workbook
- X. Have the children sign the seat belt resolution.
- XI. Ask the children if they have any final questions they would like to ask.
- XII. Congratulate the children on the great job they did and thank the class and teacher for allowing you to come into their classroom.

## **“B.E.L.T.S.” EVALUATION FORM**

After implementing the program, please fill out this evaluation so the program’s writers may know its strengths, weaknesses, ways in which it can be improved, and its effectiveness.

1. How many children participated in the program? \_\_\_\_\_
2. What was the exact age group of the children? \_\_\_\_\_
3. Did you feel the program was well written and easy to follow? \_\_\_\_\_  
If not, what areas were not clear and what could be done to make these areas easier to understand?
4. What areas of the program worked well or did not work well?
5. Did you make any changes to the program? Were they successful?
6. Try to retain a copy of the KWL chart and send it to us. This will help us gauge how effective the program is.
7. Do you have any other suggestions on how the program could be improved?

Please send or fax this completed form to:

Vicky Guerina  
Kiwaniis Pediatric Trauma Institute  
Tufts Medical Center  
800 Washington Street  
Boston, MA 02111  
Fax: 617-636-8321



# PROJECT B.E.L.T.S ORDER FORM

Please forward enough supplies for \_\_\_\_\_ students.

There will be \_\_\_\_\_ Circle K members participating.

Today's date is \_\_\_\_\_

The date of our event is \_\_\_\_\_

Ship to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Please send this completed form to:

Kiwanis Pediatric Trauma Institute  
Tufts Medical Center  
800 Washington Street  
Boston, MA 02111  
Fax: 617-636-8321  
Email: [vguerina@tuftsmedicalcenter.org](mailto:vguerina@tuftsmedicalcenter.org)

**IMPORTANT:  
SHIPPING IS BY UPS, SO A STREET ADDRESS IS REQUIRED.**

## ACKNOWLEDGMENTS

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