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# Road Safety Seatbelts Session Plan

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| **Session Plan** |
| **Session**Road safety – Topic – Seat belts. | **Length**20- 25 Minutes. | **Facilities Required**Parking, access, and egress. Computer.Projector & screen.Internet access. |
| **Content**  Slides 1 – 12. |
| **Aims**This presentation is aimed to look at how drivers can improve their driving, to be safer on the roads, whilst analysing some risks of not wearing a seat belt whilst driving. **Warning** that some viewers may find the presentation upsetting.Content and Videos aimed at 16 + Please use discretion when showing videos to anyone younger than this.Subtitles can be turned on/off when playingTranscript for videos available to print off at the bottom of this lesson plan | **Objectives (delivery Staff)*** Teach road safety and the consequences of not wearing a seat belt whilst driving.
* Explain the law about wearing seat belts.
* Describe the main reason for wearing a seat belt.
* Talk about children, teenagers and seatbelts.
* Clarify when you do not need to wear a seat belt.
* Explain the circumstances if your vehicle does not have seat belts.
* Explain the laws for pregnancy, people with disabilities and pets regarding the use of seat belts and restraints for pets.
* Remind the audience that seat belts provide safety to everyone in the vehicle, other motorists, and pedestrians outside of the vehicle.
* Make clear that seat belt keeps you in your seat, preventing passengers from being thrown through the windscreen, or thrown loose in the vehicle.
* Describe that airbags are designed to help keep you in place, along with your seat belt. If you are not wearing it, then the airbag system is ineffective.
* Tell them that you may receive a finefor not wearing one.
* Express how much seat belts reduce the risk of serious injuries and death.
* Communicate that not wearing a seat belt could affect a driver’s insurance.
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| **Time** | **Topic & Activity** | **Resources** |
| 1 minute. | **Slide 1. Introduce yourself** and the topics you will be discussing throughout the session (Road safety and the consequences of not wearing a seat belt whilst driving). | PowerPoint |
| 1 minute. | **Slide 2. Explain the laws for seat belt wearing.**You must wear a seat belt if one is fitted in the seat you’re using and there are only a few exceptions.You’re also only allowed one person in each seat fitted with a seat belt.**You can be fined up to £500 if you don’t wear a seat belt when you’re supposed to.** | PowerPoint |
| 1 minute. | **Slide 3. Tell the audience the main reason to wear a seat belt is that it’s a safety precaution that prevents you from…**Getting killed by the force of the airbag opening.Hitting the dashboard with your head during an accident.Tumbling with your vehicle in case it flips over and starts rolling.Being ejected out of your vehicle in a crash. | PowerPoint |
| 1 minute. | **Slide 4.** **Play Film; Richard didn’t want to die.** Warning that some viewers may find the film distressing. | PowerPointPlay the film ‘Richard didn’t want to die.’ Film on YouTube. (*Link embedded into the presentation). Subtitles can be turned on/off**Transcript available* |
| 2 minutes. | * **Slide 5.**

**Tell the group, children must.**Be in the correct car seat for their height or weight until they reach 135 centimetres tall or their 12th birthday, whichever is first.Wearing a seat belt if they’re 12 or 13 years old, or younger and over 135cm tall.**You can be fined up to £500 if a child under 14 isn’t in the correct car seat or wearing a seat belt while you’re driving.**  | PowerPoint  |
| 2 minutes. | **Slide 6. Talk about children and teenagers wearing seat belts.**Children and teenagers think that seat belts are uncomfortable and awkward. They believe that they would be depriving themselves of comfort and style by wearing seat belts. They also believe that they are invincible and will never be involved in an accident.**Keep everyone safe, wear seat belts.** | PowerPoint |
| 2 minutes. | * **Slide 7.**

**Talk through reasons when you don’t need to wear a seat belt if the group want to discuss this. We always recommend that you always wear a seat belt where fitted, unless there is medical exception, however these some of the legal exceptions.**A driver who is reversing or supervising a learner driver who is reversing.In a vehicle being used for police, fire and rescue services.A passenger in a trade vehicle and you’re investigating a fault.Driving a goods vehicle on deliveries that is travelling no more than 50 metres between stops.A licensed taxi driver who is ‘plying for hire’ or carrying passengers.Your doctor may say you don’t have to wear a seat belt for a medical reason.  | PowerPoint |
| 1 minute. | **Slide 8.****Clarify the law - If your vehicle does not have seat belts.**If your vehicle doesn’t have seat belts, for example it’s a classic car, you aren’t allowed to carry any children under 3 years old in it.Children over 3 are only allowed to sit in the back seats.These rules only apply if your vehicle was originally made without seat belts.  | PowerPoint |
| 2 minutes. | **Slide 9.****Give details that…**You must wear a seat belt if you’re pregnant, unless your doctor says you don’t have to for medical reasons.You must wear a seat belt if you’re a disabled driver or passenger unless you don’t have to for medical reasons. You may need to adapt your vehicle.Animals must be suitably restrained.  |  |
| 3 minutes. | **Slide 10.****Play the film ‘Heaven can wait, buckle up.’ And discuss if appropriate.** Warning that some viewers may find the film upsetting | Play the film ‘Heaven can wait, buckle up.’ Film on YouTube. (*Link embedded into the presentation). Subtitles can be turned on/off*Transcript available |
| 3 minutes. | **Slide 11.****Recap… Please remember.**Seat belts provide safety to everyone in the vehicle, other motorists and pedestrians. Seat belts keep you in your seat, not thrown through the windscreen, or thrown loose in the vehicle.Airbags are designed to help keep you in place, along with your seat belt. If you are not wearing it, then the airbag system is ineffective.You may receive a fine for not wearing one. Seat belts reduce the risks of serious injuries and death. Not wearing a seat belt could affect your insurance. |  |
| 5 minutes. | **Slide 12****Thank the group and allow time for questions.** |  |

**Slide 4. Transcript**

**Play Film; Richard didn’t want to die.**

Warning that some viewers may find the film distressing.

[Person driving a black car down the street without a Seatbelt]

Richard didn't want to die but he

couldn't stop himself

[Driver crashes into another vehicle head on, his head hits the windscreen as the airbags deploy]

[Shows the driver hitting the airbag and steering wheel in slow motion]

the collision didn't kill him but he

wasn't wearing a seat belt so he hit the

inside of the car that didn't kill him

either but his internal organs carried

on travelling until they hit his ribcage

and his lungs were punctured and the

main artery from his heart was torn and

that's what killed Richard

What’s stopping you

**End of Transcript**

**Slide 10. Transcript**

**Play the film ‘Heaven can wait, buckle up.’ And discuss if appropriate.**

Warning that some viewers may find the film upsetting

[Music]

[Car crashes into a tree]

[Driver & Passengers have died and shows their spirits leaving their bodies]

[Front seat passenger wakes up in shock holding onto their seatbelt]

Heaven can wait

Buckle Up

**End of Transcript**