Encouraging Seat Belt Use

Seat belts are your most effective form of protection in a crash. Yet, millions of Americans don’t always buckle up. The biggest offenders are:

- Teenagers
- Males
- Truck drivers
- Pickup truck drivers

The National Highway Traffic Safety Administration has identified some reasons why people do – and don’t -- wear seat belts. According to its Unconscious Motivators and Situational Safety Belt Use report, most people always wear seat belts. However, when people don’t wear seat belts, they are generally in situations where they feel safe and ignore the risks.

The report recommends a positive approach to encouraging everyone to wear a seat belt. Some suggestions include:

- Wearing a seat belt helps you feel in control.
- Wearing a seat belt because other people care about you and want you to be safe.
- Modeling the behavior you expect of your children.
- Wearing a seat belt to be a good passenger.
- Asking your friends to wear their seat belts.

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