



ROCK THE BELT



FACT!

Wearing seat belts can reduce risk of fatal injury in a crash by 45% - NHTSA
In 2023, 2,148 young drivers (ages 15-20) died in traffic crashes; more than half (53%) were not wearing a seat belt - CDC

QUICK CLICK CHALLENGE

Host a fun team relay competition to encourage seat belt use in all seats of the vehicle on every ride and see how quick you can click it!

SEAT BELT SURVEY

See how safe your community is by taking a seat belt survey. Take note of all drivers entering and exiting your test area and how many are belted!

SEAT BELT SELFIES

In a PARKED car, take a selfie with your seatbelt on, share on your personal or organizational social media accounts using [#RockTheBelt](#).

CHALK THE WALK SEAT BELT FASTEN SHOW DECORATING CONTEST

...AND MORE

Part of being an advocate for youth health and safety is being a good role model. Help encourage seat belt use with SADD's **#RockTheBelt**. Through awareness and positive influence, we will encourage seat belt use to save lives!

Activities are perfect for students, individuals, and organizations dedicated to health and safety.



NOTE: Students, talk to your parents/guardians about social media and ensure you and your family are comfortable sharing your photo online. Thank you.

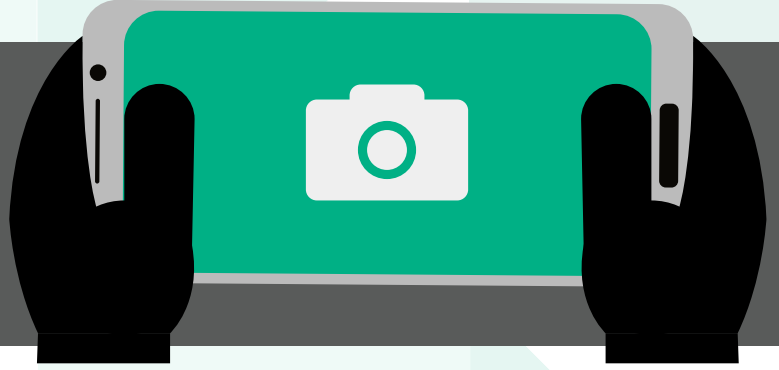
More info: Contact your local SADD State Coordinator
<https://www.sadd.org/saddbythestate>



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#RockTheBelt

SELFIE EDITION



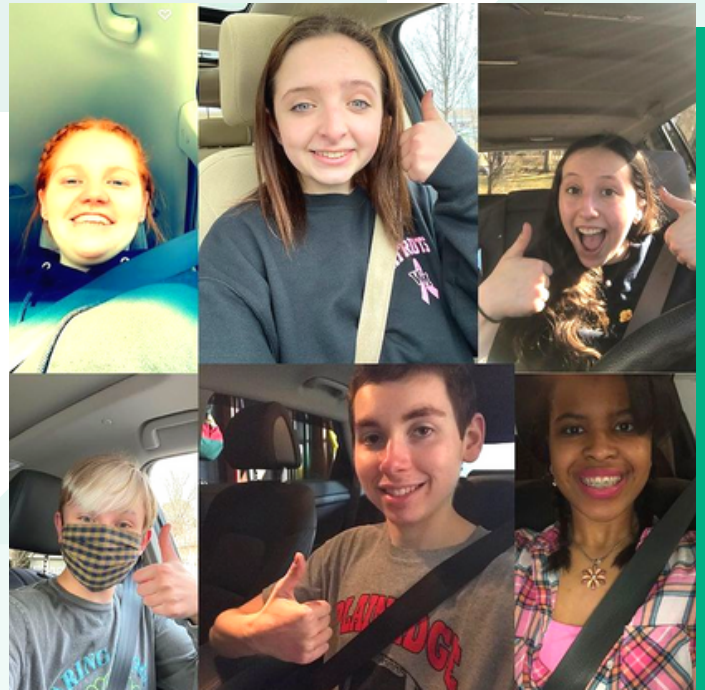
FACT!

Wearing seat belts can reduce risk of fatal injury in a crash by 45% - NHTSA
Yet, in 2019, 43% of high school passengers did not always buckle up - CDC

Part of being an advocate for youth health and safety is being a good role model. Help encourage seat belt use with SADD's #RockTheBelt - Selfie Edition. Our goal is to fill social media feeds with "Seat Belt Selfies" of friends and community members that are proud to buckle up every ride, every time. Through awareness and positive influence, we will encourage seat belt use to save lives!

This activity is perfect for students, individuals, and organizations dedicated to health and safety. Follow the instructions below to participate and show your commitment to supporting your community.

- 1** In a PARKED car, take a selfie with your seatbelt on.
- 2** Share your selfie on your personal or organizational social media accounts using [#RockTheBelt](#). If you do not wish to use social media, you can send it to your State Coordinator or info@sadd.org.
- 3** Spread the word! Ask others to participate to fill social media feeds with "Seat Belt Selfies!"



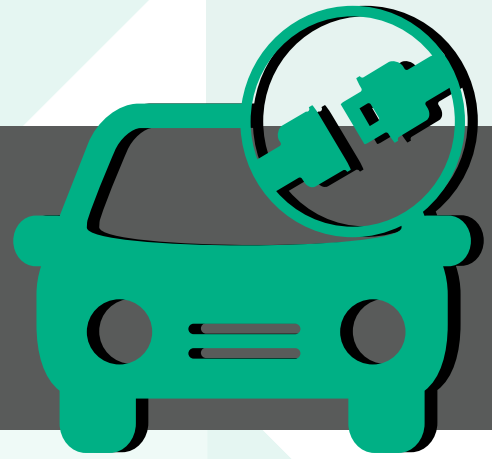
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#RockTheBelt

QUICK CLICK CHALLENGE



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- 1** Teams will start behind the designated starting line, usually 5-10 ft. in front of the car.
(All vehicle doors must remain open at all times.)
- 2** On the first whistle blow, the team will run to and enter the vehicle, buckling up in one of the four seat positions.
(positions = driver, passenger, rear driver, rear passenger)
- 3** When each seat belt is buckled, team members are to raise both hands into the air. When all seat belts are buckled and hands are in plain view, the Quick-Click crew will blow the whistle to signal team members to unbuckle and rotate clockwise to the next seat.
- 4** Members must exit the vehicle after each position. Team members advance clockwise around the car until they have buckled up in all four positions, raising both hands each time, and being signaled by the whistle.
(Sliding across seats or across the hood is not permitted and will result in a DQ.)
- 5** The clock is stopped when all team members buckle their seat belts in the fourth rotation and raise their hands.

The Quick-Click Challenge is a high-energy, team competition that demonstrates how little time it takes to fasten a seat belt.

Teams can be made up of 1, 2, or 4 members.

You'll need: a four-door vehicle, whistle, stopwatch, and a quick-click crew to record penalties and time.

(Optional: prizes for top teams or all participants)



TIPS: Teams may check seat belts prior to their run to determine belt type and that there are no kinks, jams, or twists. Participants must make an effort to not touch the doors; referees may set a penalty for touching the doors after the first whistle blows.



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