



# Junior Safety Officers – March

## Seatbelts and car seats

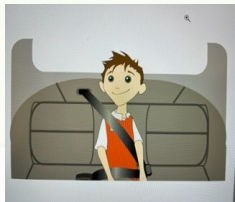
Did you know you have to use a car seat if you are **under 12** or **under 135cm tall**? It's the law!

This is because both a seatbelt and child car seat are designed to reduce the risk of you being hurt in a crash and could save your life.

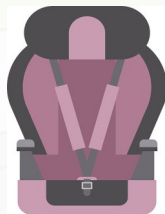
Using a booster seat makes you safer because it raises you up into the right position to use the seatbelt and keeps you in your seat if anything happens.

The seatbelt across the top half of your body should sit on your shoulder. The lap part of the belt should sit on your hips.

**Wearing a seatbelt saves over  
2,000 lives a year!**



If someone is found not using a seatbelt, there can be a fine to pay of up to **£500!**



## Keep yourself safe

Being able to spot dangerous situations and strange behaviour before they become a problem is really important.

If someone asks you to disobey your parents or do something without permission, asks you to keep a secret or makes you feel uncomfortable then you should find and tell a trusted adult straight away.

**It's ok to say NO to an adult if you feel uncomfortable.**

**We have some tips on keeping yourself safe:**

**On the phone** Don't give anyone any of your personal information over the phone, you can end the call and tell an adult you trust straight away.

**Further from home** If someone tries to MAKE you go somewhere with them NEVER go.

**Gifts from people you don't know** Never accept gifts from someone you don't know. Tell a trusted adult straight away if someone offers you something or asks you to go somewhere with them.

**Your trusted adult might be your teacher, parent/carer, family member or a police officer.**