

# Sunita's Story

## Lesson Plan KS 2



This activity has been developed to support the 'Seat Belt On' campaign. 'Seat Belt On' is a high profile campaign aimed at increasing seat belt use. Seatbelt surveys carried out in Leeds in December 2008, showed that an average of **39%** of children were not wearing seatbelts on the journey to school.

### Lesson Objective

- ◆ To encourage pupils to use car safety seats / seatbelts.
- ◆ To encourage children to think about why car occupants should wear seatbelts, why they might not use seat belts, who should take responsibility for safety in the car and what they can do to be safer in the car.

### Key Teaching Points

Pupils should be able to :

- ◆ Identify and evaluate important advice and instructions.
- ◆ anticipate and identify potential outcomes in hazardous situations..
- ◆ develop an awareness of taking responsibility for their safety .

### Vocabulary

Child Car Seat, Booster Seat, Advice, Safe, Unsafe, Mobile Phone, Hazard, Accident

### Learning Outcome

- ◆ Pupils should be able to:
- ◆ Explain why it is important to use car safety seats.
- ◆ Understand and discuss taking responsibility for their own safety.

### Timing of Lesson

Total Time 1 hour

10-15 min

**Introduce subject - road safety :**

- ◆ **Ask pupils to put their hand up if they sometimes travel in the car without their seat belt on.** There are invariably children who admit to travelling without an appropriate restraint.

*While few people admit to regularly travelling without a seat belt, research shows that 24 per cent of people admit they sometimes don't wear a seat belt when travelling in the back, and 10 per cent in the front. There is also evidence that people are less likely to use seat belts on short or familiar journeys or at low speeds. Nearly 300 lives would almost certainly have been saved in 2007 if all car occupants had been wearing a belt. Roughly, that's one life a day.*

- ◆ **When data showed that lots of people were being killed and injured because they were not following advice to wear seatbelts, a law was made. This means that people have to wear seat belts.**

Discuss the difference between advice, rules and laws.

- ◆ **Who has to use a seatbelt ?**

For your own and others' safety, the Law requires vehicle drivers and passengers to use a seat belt, and for children to use a suitable child restraint. The law says that **children under 12 years** must be seated in a suitable child safety seat or booster cushion when travelling in a car, unless they are **135cm** tall or over.

Supplementary information :

Age range (approx.)	Weight / Height	Child restraint type
Birth to 9-12mths	Up to 13kgs	Baby / Infant Carrier
9mths to 4 years	9kgs to 18kgs	Child Seat
4 years to 11 years	15kgs upwards	Booster Seat
6 years to 11 years	From 22kgs	Booster Cushion
Over 12 years	135 cm or above	Adult Seat Belt

<p>30-40 mins</p>	<p><b>Activity - Sunita's Story</b> : The activity sheet tells the story of Sunita, who always uses a child safety seat in the car, and Kev, who makes fun of her for using the seat and encourages others to laugh at Sunita.</p> <p><b>Pupils could be invited or selected to read aloud paragraphs in the section above and beside the picture.</b></p> <p>The paragraphs below the picture can be discussed in detail to evaluate actions and consequences, and establish safer behaviour.</p> <p>The activity sheet can be copied for pupils to complete individually, or completed as a class activity, or form the basis of a class discussion.</p> <p><b>Paragraph 1</b> : <i>Children that Sunita thought were her friends are laughing at her.</i>  <b>Why do you think Sunita's friends were laughing and how do you think she feels?</b></p> <ul style="list-style-type: none"> <li>◆ Her friends are just joining in with everyone else.</li> <li>◆ They are not thinking about <b>why</b> they are laughing at Sunita, who is being sensible by using her seat and will be safer.</li> <li>◆ They are not thinking about how Sunita might feel and how upset she might be because they are laughing at her.</li> </ul> <p><b>Paragraph 2</b> : <i>Some of Sunita's friends don't use a car seat, even though they should.</i>  <b>Why do you think some children don't use a car safety seat?</b></p> <ul style="list-style-type: none"> <li>◆ Because they don't have a car seat.</li> <li>◆ Because they are only going on a short journey and think it doesn't matter.</li> <li>◆ Because they don't know how dangerous it is to travel in a car without a seat belt, even on short journeys</li> </ul> <p><b>Paragraph 3</b> : <i>Mum explains that it is law and that Sunita will be safer if she uses her car seat.</i>  <b>Why is it sensible to use your car seat?</b></p> <ul style="list-style-type: none"> <li>◆ Because you are less likely to be seriously hurt in an accident.</li> <li>◆ Because the adult seat belt is not designed to fit a child, and will not restrain you properly and keep you safe.</li> <li>◆ Because if you are in an accident and not suitably restrained, you could be thrown forward by the FORCE and injure the person in front of you.</li> </ul> <p><i>Ask children if they remember seeing the road safety advert on the television where the teenager in the back seat seriously injures his mum - when she has to brake suddenly, her son who is sitting behind her and not wearing a seat belt, is thrown forward and his head hits the back of his mum's head. If time allows FORCES can be further discussed.</i></p> <p><b>Pupils can complete the activity by suggesting what Sunita might say to her friends when she sees them :</b></p> <ul style="list-style-type: none"> <li>◆ That they have to use a car seat or seat belt because it's the law.</li> <li>◆ That they upset her by laughing at her.</li> <li>◆ That they should always use a car seat and seat belt.</li> <li>◆ That she doesn't care what they say because she wants to be safe.</li> </ul>
<p>5-10 min</p>	<p><b>Plenary</b> : reinforce the message that it is important that everybody in the car wears their seatbelt.</p> <p><b>Who is responsible for your safety ?</b>  <b>Yourself</b> – parents, teachers, police etc can help but you have the power to keep yourself safe by putting your seatbelt on and using your safety seat every time you get in the car.</p> <p>Local Police Officers and the Road Safety Team have asked for your help. They need you all to promise to keep yourself safe by always wearing your seatbelt and by using your safety seat when you have got one. You can help to keep other people safe by asking them to wear their seatbelt every time they get in the car.</p> <p><b>It only takes a moment to buckle up safely – it could save your life.</b></p>