



Belt Up!

This bulletin is about being a good car passenger.

Traffic can be dangerous if the driver is not concentrating or going too fast.

Here are some very important rules when you're in a car.

- **Always** wear your seatbelt
- **Never** distract the driver
- **Never** lean out or throw anything from the window
- **Never** open the car door when the car is moving
- **Never** block the rear view mirror
- **Always** get out on the pavement side if possible
- **Never** get into a stranger's car

Please remember, it's much safer to get out of a parked car on the pavement side. If that's not possible, always remember to look for passing cars and cyclists before opening the door.

Until you are 135cm tall or over 12 years of age, you normally need to sit on a car seat or booster seat.

It's the law.

If you're taller, you don't need a car seat, but you always need to wear a seat belt.

It's the law!

Thank you for listening and **stay safe!**