

Print and Use Cue Card

Introduction: Most of the time our driving actions take place unknowingly by habits we acquire. Developing habits takes deliberate thoughtful repetition of one behavior at a time. The use of this cue card provides you with an opportunity to consciously think about attaching your safety belt. After using safety belts a dozen times, it becomes automatic.

Print this sheet of the CUE Card. Fold into quarter sections. Use the glove box as a holder so the Cue Card is visible to you as a reminder to use your belt and require belt use by all passengers.



Directions for use: Before placing the Cue Card in your glove box holder, read the information. If you don't have the "Safety Belt" habit, ask yourself: *"what rewards do I gain by not using them."*

To gain the habit, you only need to want the habit and practice it until it becomes automatic action without thought. When you get into the vehicle and find yourself fastening the belt without thought, give yourself a mental pat on the back.

Action to Take:

You should make certain that all occupants in front and rear seats fasten their belts before placing the car in motion. Convincing some adult passengers to buckle up may be more difficult than convincing teens. The older the adult, the more likely they may resist using the belt by making such statements like: "I trust you; you're a good driver."

The fact is, an unattached rear-seat passenger becomes a flying missile into the head of a driver when a hard braking action or frontal crash occurs. An unbelted rear-seat passenger can prevent the driver from maintaining control of the vehicle.

If your family and friends resist using safety belts, have this Cue Card visible as a reference that you are striving for Zero Crashes.

Reward for Insisting all occupants use belts:

- Keeps you in control of the vehicle.
- Satisfaction in knowing you are promoting safe behaviors.
- Satisfaction in knowing you care about protecting your occupants.
- If a crash does occur, you are doubling the survival rate for all.
- If a crash does occur, you will sleep better knowing you kept all safe.

WARNING: Cues Are Not to be read while the car is moving.



Safety Belts on All