

# The back seat is the safest place to ride.

It is recommended all passengers 12 years of age or under ride in the back seat.

**Buckle  
in the  
back!**



- » Air bags are designed for adults. They deploy at 200 mph in 1/20 of a second causing severe head and neck injuries to children and young adults.
- » When adults wear seat belts, kids wear seat belts. Be a good example and buckle up for every ride. Lap and shoulder belts provide the best protection for preteens and adults.



**SAFE  
K:DS**  
GRAND FORKS

 **Altru**<sup>®</sup>  
HEALTH SYSTEM





## Teens in Cars

### Top Tips for Parents

**Teach your kids to buckle up every ride, every car, every time, forever.** Start this rule when your kids are young.

**Be a good example when you drive.** Your kids are watching and learning even when they are still in their car seats.

**Spend time in the car with your new teen driver.** Discuss safety issues, including putting phones away when driving, observing speed limits and following rules of the road.

**Encourage your teens to speak up when any driver, including you, is driving unsafely.** Teach them to find a safe way home if the driver has been drinking.