



# Ask Them to Wear a Seat Belt



Like you, most adults want the people they care about to always wear a seat belt.<sup>1</sup>

As their mom, coworker, husband, daughter, brother, or friend, you play an important role keeping them safe.


Often, the key is figuring out what to say.

## Tips

- Keep it light. When people feel threatened, they may lose sight of the fact that you want people you care about to always wear a seat belt.
- Some people have inaccurate beliefs about seat belts. Avoid arguing.
- You may need to ask someone to wear their seat belt more than once. Keep asking until they always wear a seat belt.

## Connect. Ask. Reconnect.

To begin, *Connect*. You could say...

- "I appreciate you giving me a ride today."
  - "I really enjoy the time we spend driving to/from \_\_\_\_\_."
  - "Thanks for (going with/inviting) me to \_\_\_\_\_ today."
  - Or even, "Gosh, you smell good!"
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1. Center for Health and Safety Culture. (2019, 2020). *Utah community survey of adults on seat belt use*. Montana State University. (N=3114, N=673)

Next, **ASK** them to wear a seat belt for you. You could say...

- "Would you wear your seat belt today for me?"
- "As a favor to me, would you put your seat belt on?"
- "Even though asking is hard for me, would you wear your seat belt for me?"
- "I feel anxious asking, but would you wear your seat belt for me?"

Finally, **RECONNECT**. If they choose to wear a seat belt, you could say...

- "I appreciate you buckling up."
- "Thanks for wearing your seat belt."

If they choose not to wear a seat belt, you could say...

- "Because I care about you, I'm going to ask each time we are in a vehicle together."

**Connect. Ask. Reconnect.**

Let's be  
**TOGETHER**  
**FOR LIFE**  
and always  
*ask others*  
to wear a seat belt.

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