



# ROCK THE BELT

## OUR MISSION

*Empowering young people to successfully confront the risks and pressures that challenge them in their everyday lives.*



## ROCK THE BELT OVERVIEW

*Rock the Belt is a national program that uses prevention strategies to engage schools, parents, and communities about the importance of wearing seat belts.*

## OBSERVATIONAL SEAT BELT DATA

*Two seat belt surveys are conducted at each Rock the Belt site to measure seat belt usage on campus. Pre- and post-surveys are conducted before and after the relay competition. Your students can participate in these tasks by standing in designated areas to record the number of drivers and passengers who are buckled up. Survey data is used for research purposes to measure behavior changes among teens.*



## QUICK-CLICK RELAY COMPETITION

*Rock the Belt consists of a high energy competition that demonstrates the ease of fastening seat belts. During lunch/recess teams of four band together to compete for the record time. Students will race from seat to seat to battle against each other to become Rock the Belt champions!*





## PEER-TO-PEER PREVENTION ACTIVITIES

*Your students have the power to motivate their peers to make responsible decisions behind the wheel. SADD has designed prevention activities that empower, engage, mobilize and change lives. Louisiana SADD would like to work with your students to implement peer-to-peer activities that address seat belt use and safe driving.*



## LET'S SAVE LIVES!

*Research by the National Highway Traffic Safety Administration (NHTSA) indicates that motor vehicle crashes are the number one killer of teens today.*

*Contact your state coordinator for campaign materials!*

