

## IS TOO MUCH SAFETY A RISK?

For most people, life today is safer than it was 1,000, 100, or even 10 years ago. However, the world still has some dangers, so most parents spend time and money keeping their children as safe as possible. They buy them helmets to wear when riding a bike. They keep them away from things that could cause injury. They avoid letting their children be in any kind of harm. These actions seem good, but some people argue that too much safety may actually be bad.

These people say that children cannot learn how to stay safe if they are never in dangerous situations. They think children will not know how to deal with dangers or problems because they do not have experience doing these things. They also argue that children

learn when they do dangerous things. For example, they learn to take responsibility for themselves and their actions. They also learn to control things and be independent. And, as children often have little control or independence, those can be powerful feelings.

According to the "hygiene theory," keeping children too safe may also cause health issues. These days, more and more children have allergies to foods like nuts or eggs. A possible reason is that people are protecting their children too much. They do not let their children play with other children who have an illness, or they stop their children from playing outside. As a result, their children's bodies are not used to **germs** or dirt. And when these children eat a food that is normal, their bodies may have a dangerously strong reaction.

So, what should parents do? Some people choose to be "free range" parents who give their children freedom to do things on their own. For

example, they may let their children walk to a park and play there alone. They feel that this kind of freedom will teach their children important skills. But some parents worry that "free range" parenting is too much. For these parents, there are books and websites that suggest some dangerous activities children can do with an adult to help them. One of the most famous books is by Gever Tulley. His book is called *50 Dangerous Things (You Should Let Your Children Do)*. Examples of these dangerous things include letting children drive a car or walk home from school alone.

So, is it true that too much safety can be dangerous? Perhaps the answer comes from Aristotle, the famous Greek writer. He wrote that doing "everything in **moderation**" leads to the best life.

**hygiene** keeping your body, home, or workplace clean  
**germs** small living things that can cause an illness  
**moderation** neither too much nor too little of anything

**A.- READ THE TEXT. WOULD THE AUTHOR PROBABLY AGREE WITH STATEMENTS 1 – 5?. WRITE YES OR NO IF THE WRITER'S VIEW IS OBVIOUS OR UNSURE IF IT IS NOT CLEAR.**

- 1.- \_\_\_\_\_ The world is less dangerous now than it was 50 years ago.
- 2.- \_\_\_\_\_ Children would have fewer allergies if they ate more eggs.
- 3.- \_\_\_\_\_ Most parents these days can be described as “free rage.”
- 4.- \_\_\_\_\_ Gever Tulley’s book was written for parents, not for children.
- 5.- \_\_\_\_\_ Aristotle said, “everything in moderation” for children only.

**B.- LIST FIVE DANGEROUS ACTIVITIES THAT COULD BENEFIT CHILDREN (OR ADULTS) AND EXPLAIN WHY THEY MIGHT BRING BENEFITS.**

- 1.- \_\_\_\_\_
- 2.- \_\_\_\_\_
- 3.- \_\_\_\_\_
- 4.- \_\_\_\_\_
- 5.- \_\_\_\_\_