

There's a little voice inside you that warns you of potential danger. It's more of a feeling actually, a little sensation inside that says: "I'm not quite sure about this." You might get such a feeling before you ride a roller coaster, or before doing something else that makes you feel nervous.

Sometimes that voice is right: it's warning us about potential danger. Sometimes it isn't, it may be overprotective and keep us from doing fun things. But the important thing to remember is that whenever you get that feeling, it's best to ask another adult **FIRST** before doing whatever it is you're doing. They can help make sure it's a safe thing to be doing.

