



You can never take it back.

People say words to each other every day.

What's for dinner?

Thank you.

Can I help clean up?

Can we have pizza for dinner?

I love you Mom.

Sometimes the words that you say are funny. Sometimes, you say things to people that you want them to know. And sometimes you tell people how you feel with your words. You may think they're just words... after all, they're just combinations of the ABCs right?

When you say words to people, you have to be careful about your choice of words. Words can make a person feel good, but they can also make them feel bad. For example, if you are angry with someone, you might decide to tell them how you are feeling. An example:

Tina and Betty are playing a game together. Tina has more points than Betty.

Tina: "I love playing this game. I'm really good at it."

Betty: "You're only good at it because you cheat."

Tina: "I don't cheat!"



Betty: "Yes you do. You're a cheater."

Tina: "No I'm not! I'm just good at it. Now, I want you to leave."

Betty: "I was just kidding."

If you were Tina, how would you feel about what Betty said? How would you feel if someone called you a cheater? How about if someone called you a liar? Betty was upset because Tina had more points than her and she thought that she was losing, but she should not have called Tina a cheater just because she was frustrated at the thought of possibly losing.

Remember the saying "sticks and stones may break my bones but words can never hurt me"? Well, that's not 100% true. The truth is, words can sometimes hurt you much more and for a longer time than a punch in the stomach. Once the words leave your mouth and are said to someone else, you can never really 100% take them back. You can try to apologize for saying them, and the person may say that they forgive you. However, even though they may forgive you, it doesn't mean they will forget. Choose carefully the words that come out of your mouth. Think before you speak.

There was a young girl who loved to sing every chance that she got. Everyone told her that she had a beautiful voice. It made her feel good to sing, and she thought she was good at it. One day, her mother had a rough day at work, and she came home frustrated. The girl started singing like she always did, but her mother was so upset about her day, that she yelled at the girl and told her to "stop that awful noise." The girl stopped singing – permanently. Be careful of what you say...it can't be taken back.