



Tell Me
LITTLE
BEAR



Copyright 2006
Global Children's Fund

www.keeptoyourchildsafe.org



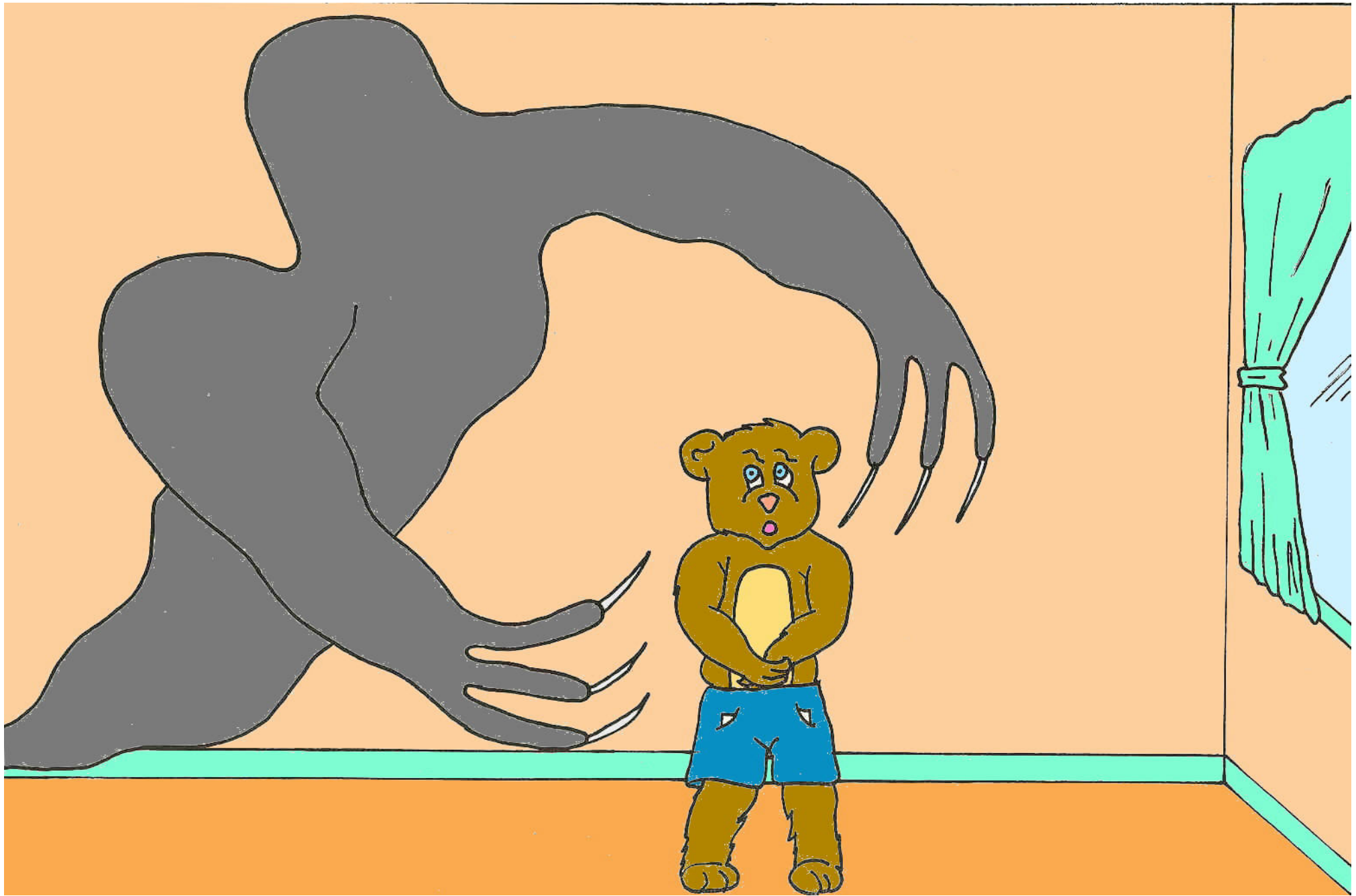
Come here Little Bear, I want to have a word with you. You know that you can talk to me about
EVERYTHING, don't you?

Everything?

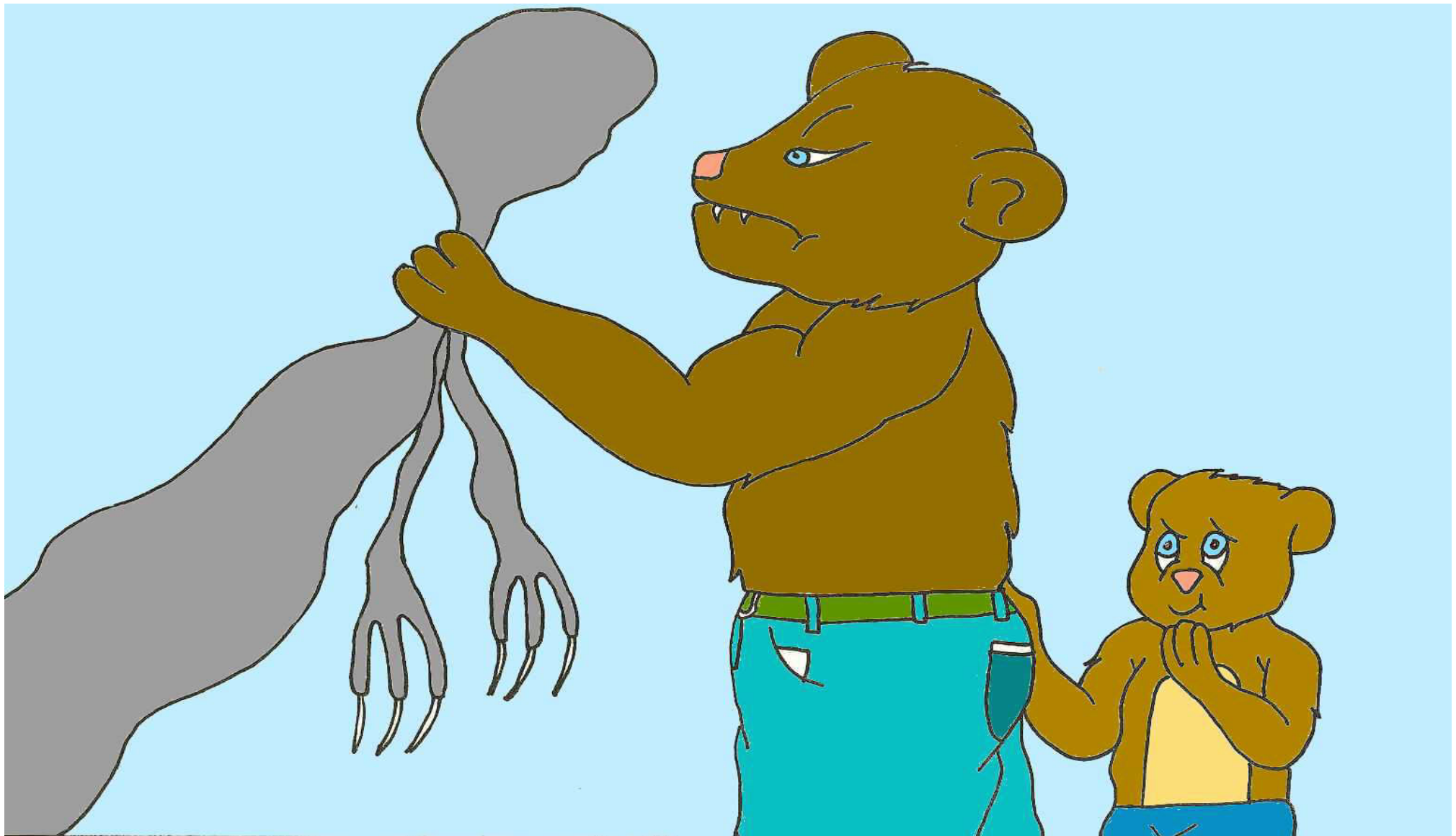
That's right. Anything and everything. If you had a question about anything in this world, you could come to me. If you had problems with anything at all, you could come to me. If you needed help with anything

I could come to you Daddy?

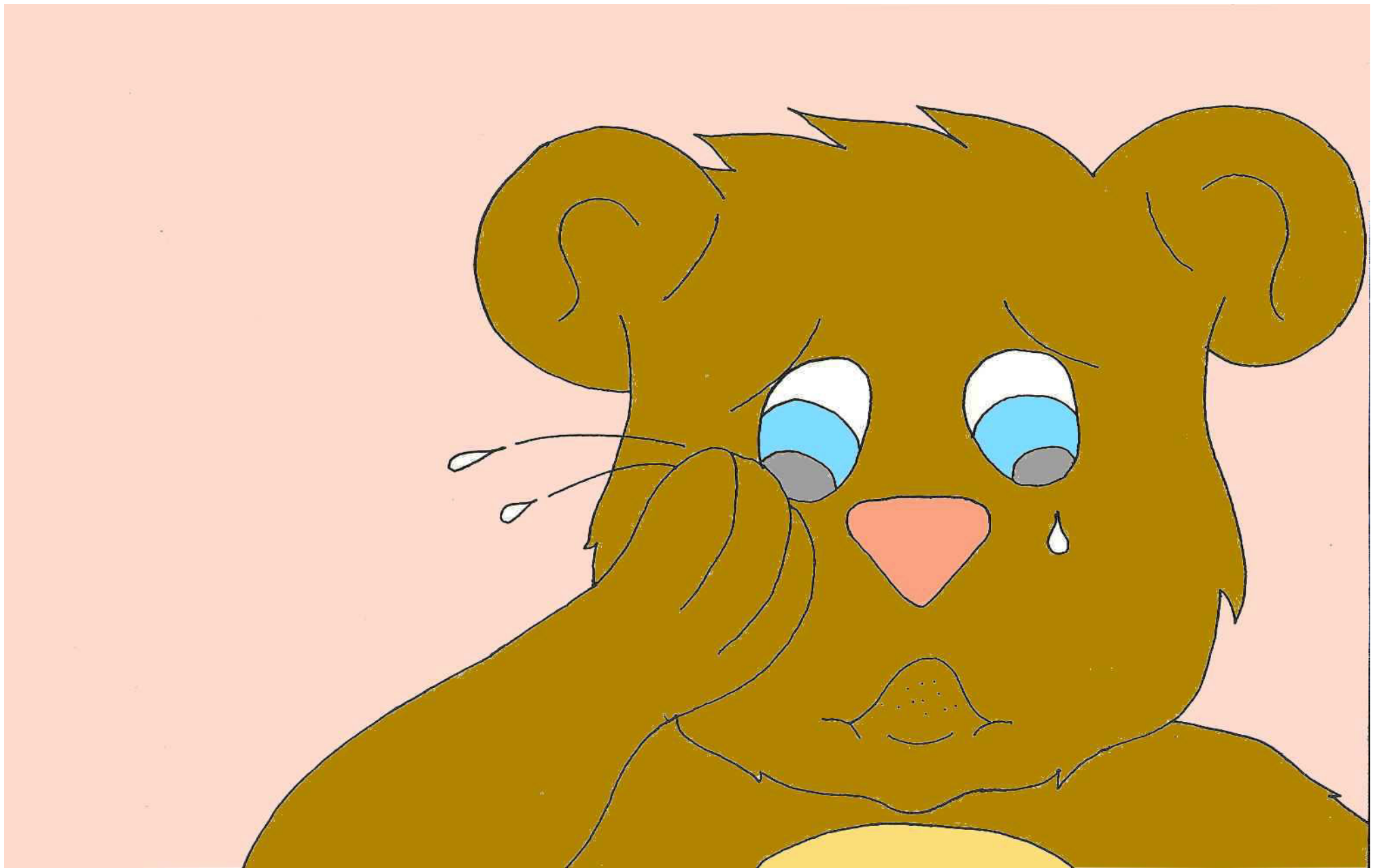
That's right. Me or Mommy Bear. Anytime you need to, for anything in the whole wide world.



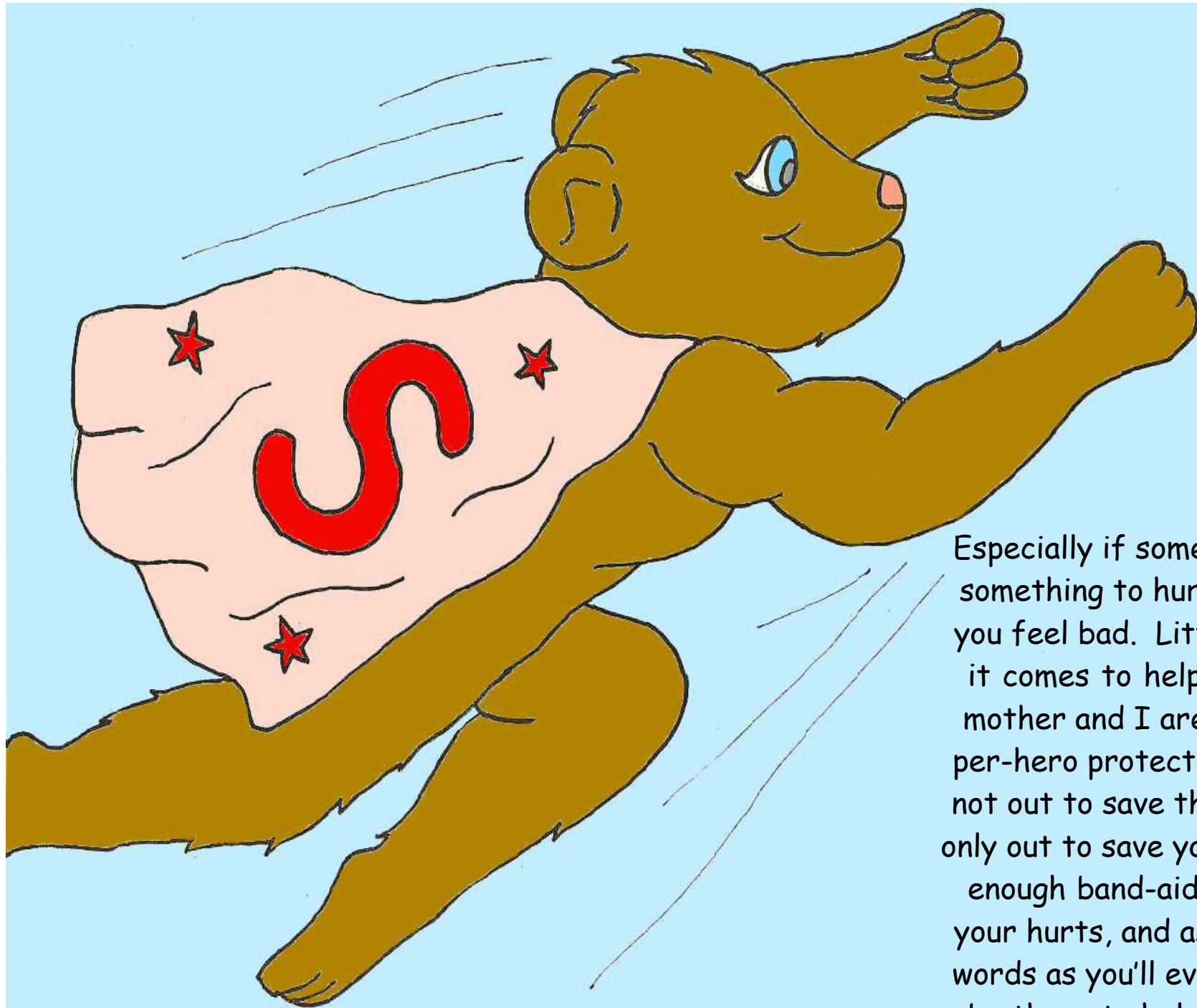
But what if Little Bear is afraid?



Then I would tell Little Bear that he should have no fear, for as long as I am here, I will protect him from anything. Nothing you tell us can never hurt you, so you have nothing at all to fear by talking with us.



Even if someone was doing something
that was hurting Little Bear or making him
feel bad?



Especially if someone was doing something to hurt you or make you feel bad. Little Bear, when it comes to helping you, your mother and I are like your super-hero protector. Only we're not out to save the world, we're only out to save you. Armed with enough band-aids to cover all your hurts, and as many healing words as you'll ever need. We'll be there to help you with the tough issues you face.

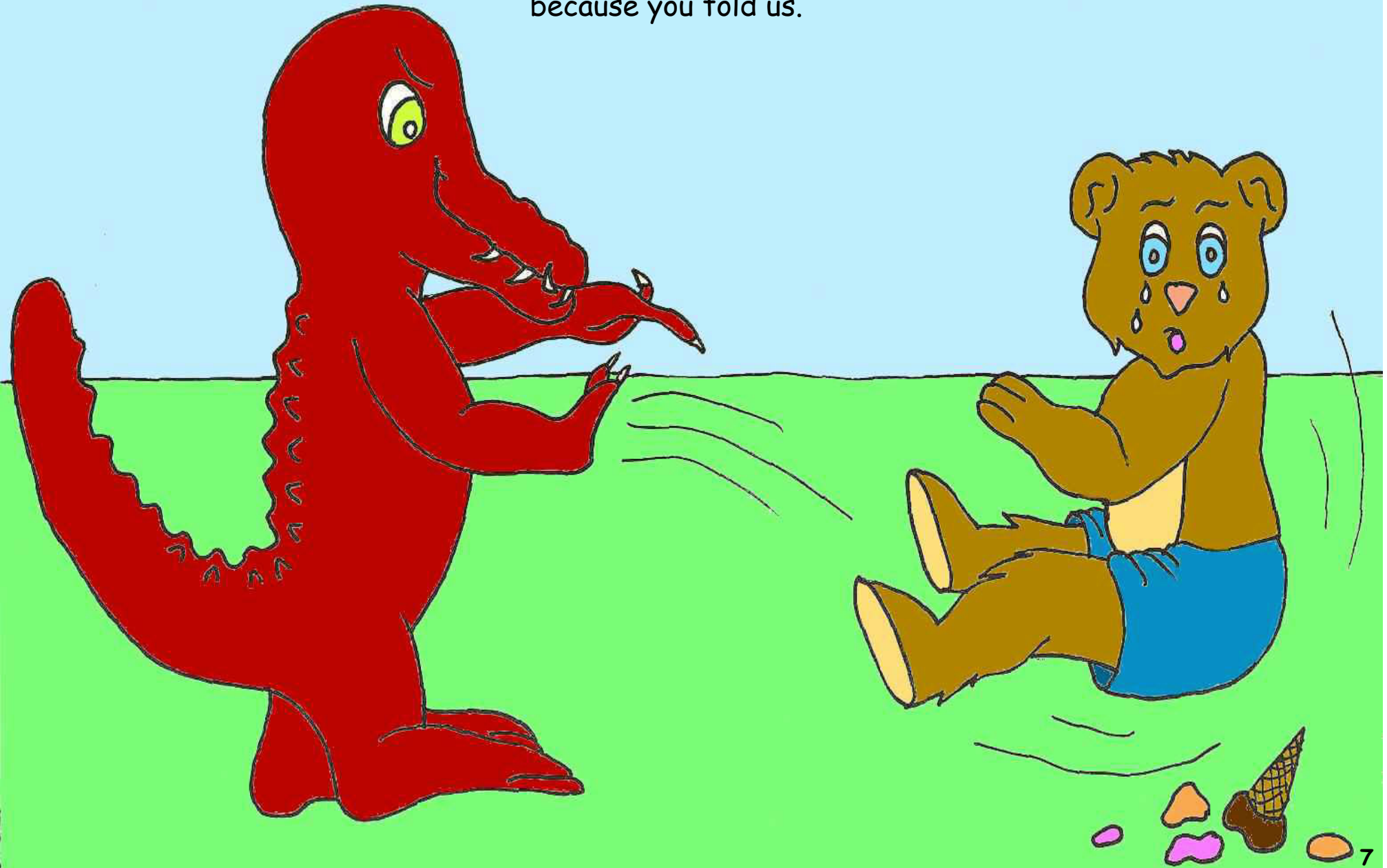


But what if Little Bear
didn't think you could
help?

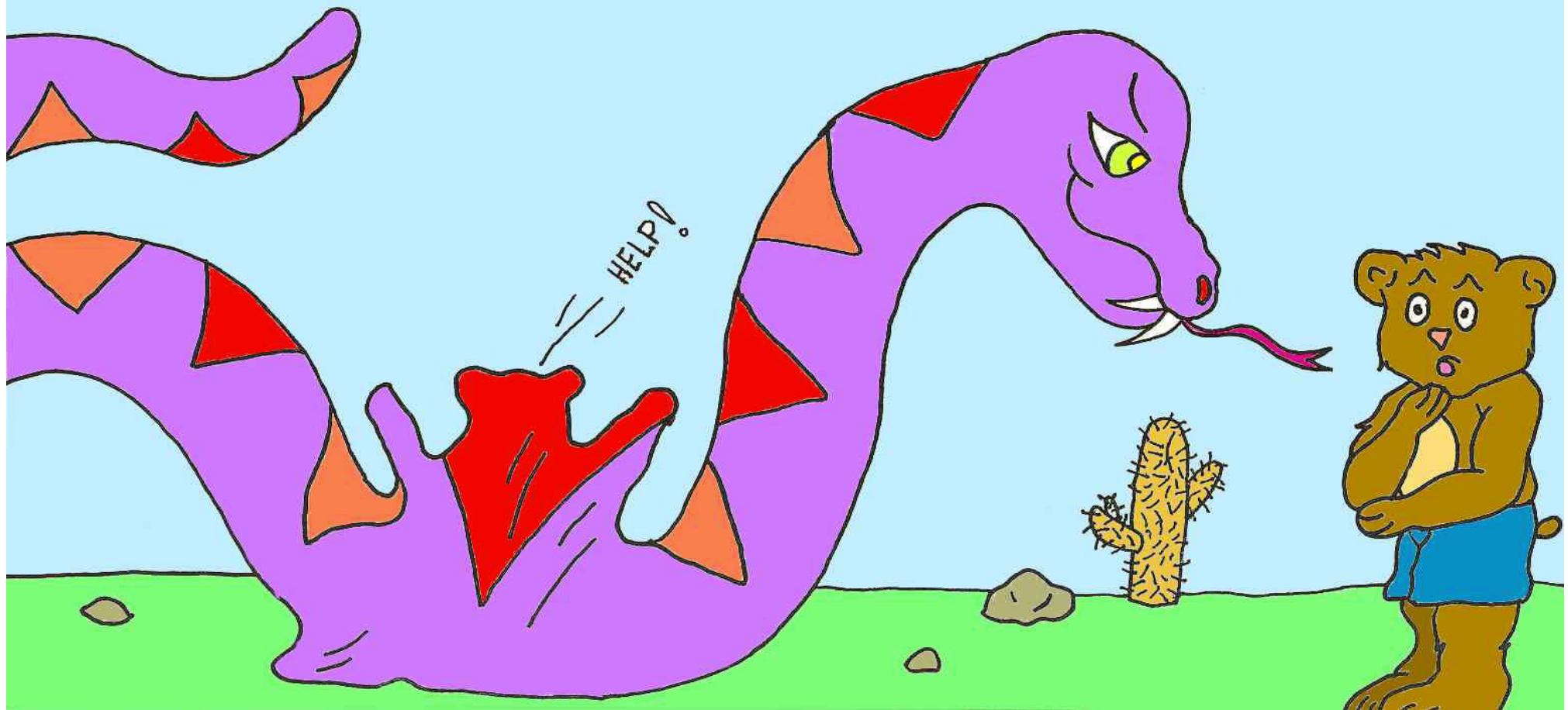
Then I would remind Little
Bear that your mother and I
have all sorts of tricks up our
sleeve. We're older than the
hills, and that makes us wise
too, because we've learned
from all sorts of experiences.

We've probably had the same sorts of things happen and have learned the best things to do, things you probably haven't thought about. Even when it seems there is no way for us to help, we'll find a way that will surely make things better.

You remember that time when kids were being mean to you at school, and you didn't want to tell us because you thought you would just get picked on more? You were sad at school everyday. But when you finally told us, we were able to help you. The bullies stopped picking on you and you felt much , much better because you told us.



Think about it. If you were stuck in a bad situation, wouldn't it make you feel better having others there to help you?



Let's say you were on an African safari, and you ran into this giant, mean looking snake. Would you want to be stuck out there in the desert all alone, facing this scary situation with nobody there to help you? Or would you want your parents or other adults there to keep you safe and protect you?

Well Little Bear, this works the same for everything in your life. It may not be a giant snake, it may just be something confusing, or something that makes you feel uncomfortable or hurts your feelings.

It may be someone having you do something that you don't like, or telling you to do something you don't want to do. No matter what it is, it will always feel better to have others there to talk to and help you out.





But what if someone said mean things to Little Bear,
and he was afraid that something bad
might happen if he talked about it?

Then I would tell Little Bear to let all those thoughts go in one ear
and right on out the other. Some people talk big and scary and make up stories,
but they're just trying to trick you into keeping quiet.
As soon as you are safe with us, you can talk with us
about anything. Nothing bad will happen.



But what if it was something that Little Bear was shy or embarrassed about?



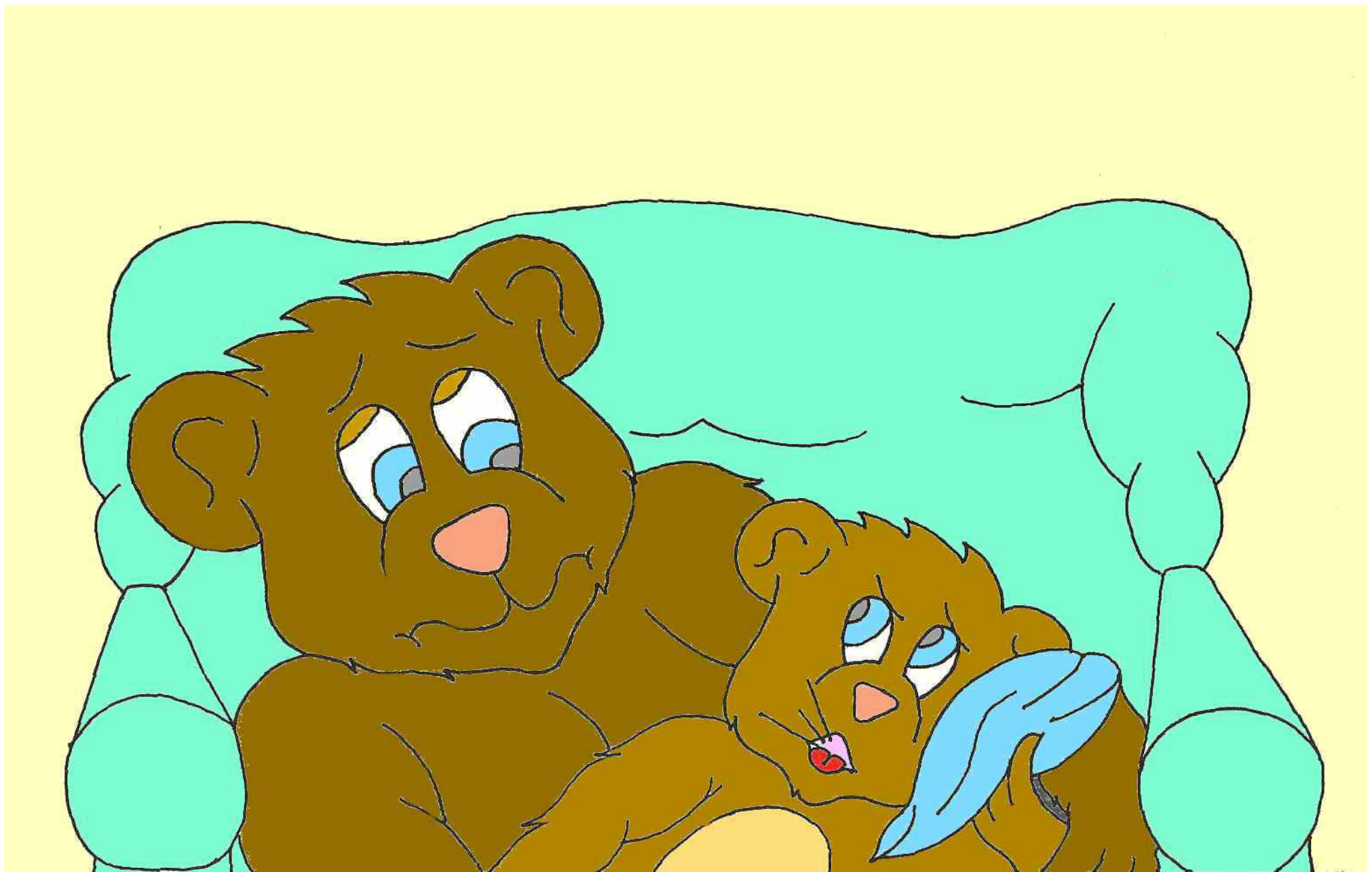
Well Little Bear, we all have things that can make us feel embarrassed from time to time. We get embarrassed because we **assume** that others will laugh or make fun of us because of it. But I don't know of any grown-ups who would do such a thing to make you embarrassed, so there's nothing to fear. Your mother and I certainly won't laugh or make fun of you.



When it comes to your mother and I, Little Bear, you're like a part of us, and there is nothing about you that would embarrass us. There is nothing in this world that could happen to you that you should be afraid to tell us about. We've taken care of you since you were a baby, and we adore every square inch of you. With us there's no need to feel embarrassed about anything.



But what if Little Bear was confused and wasn't sure how to say the right words to talk about something that happened?



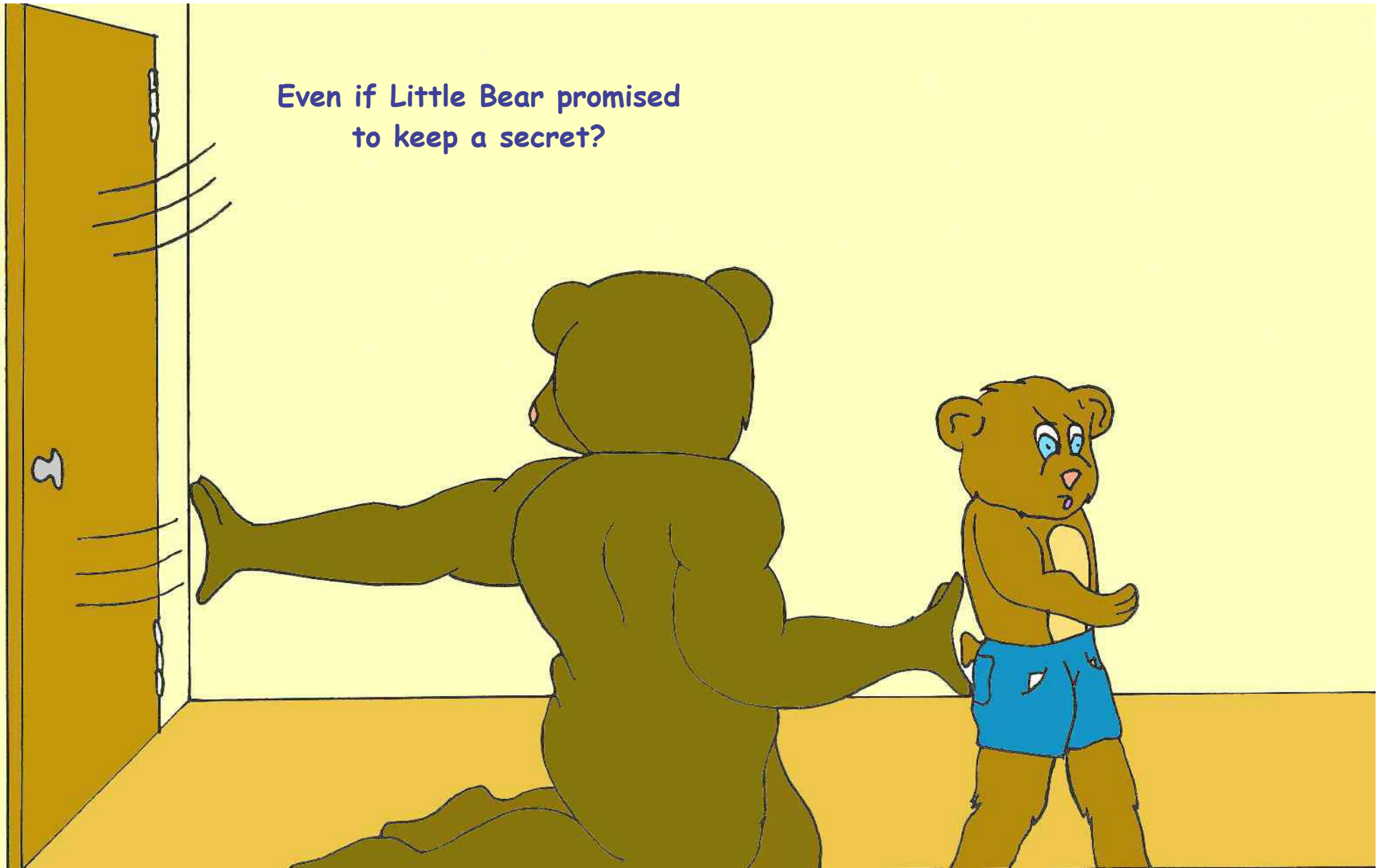
Then I would take Little Bear up in my arms, walk with him to my comfy chair, and we'd get all cozy together. Then I would tell him to relax, take a deep breath, and just tell me about it as best as he could. If you have a hard time saying it, I'll help you out. It doesn't need to be said in any special way. Just open your mouth and let the words flow out of you.

But what if it's something somebody told me
not to tell?



Then I would say that's **all the more reason** to let us know about it. When someone doesn't want other people to know what they are doing, it's usually because they are doing something wrong.

Even if Little Bear promised
to keep a secret?



Well Little Bear, you should always try your best to keep any promises you make.

But there are some things that Little Bears can never promise.

One of those things is keeping secrets from your parents. All people should know that isn't a promise you can keep, and they shouldn't expect you to keep it.



But what if talking about it might get somebody into trouble?

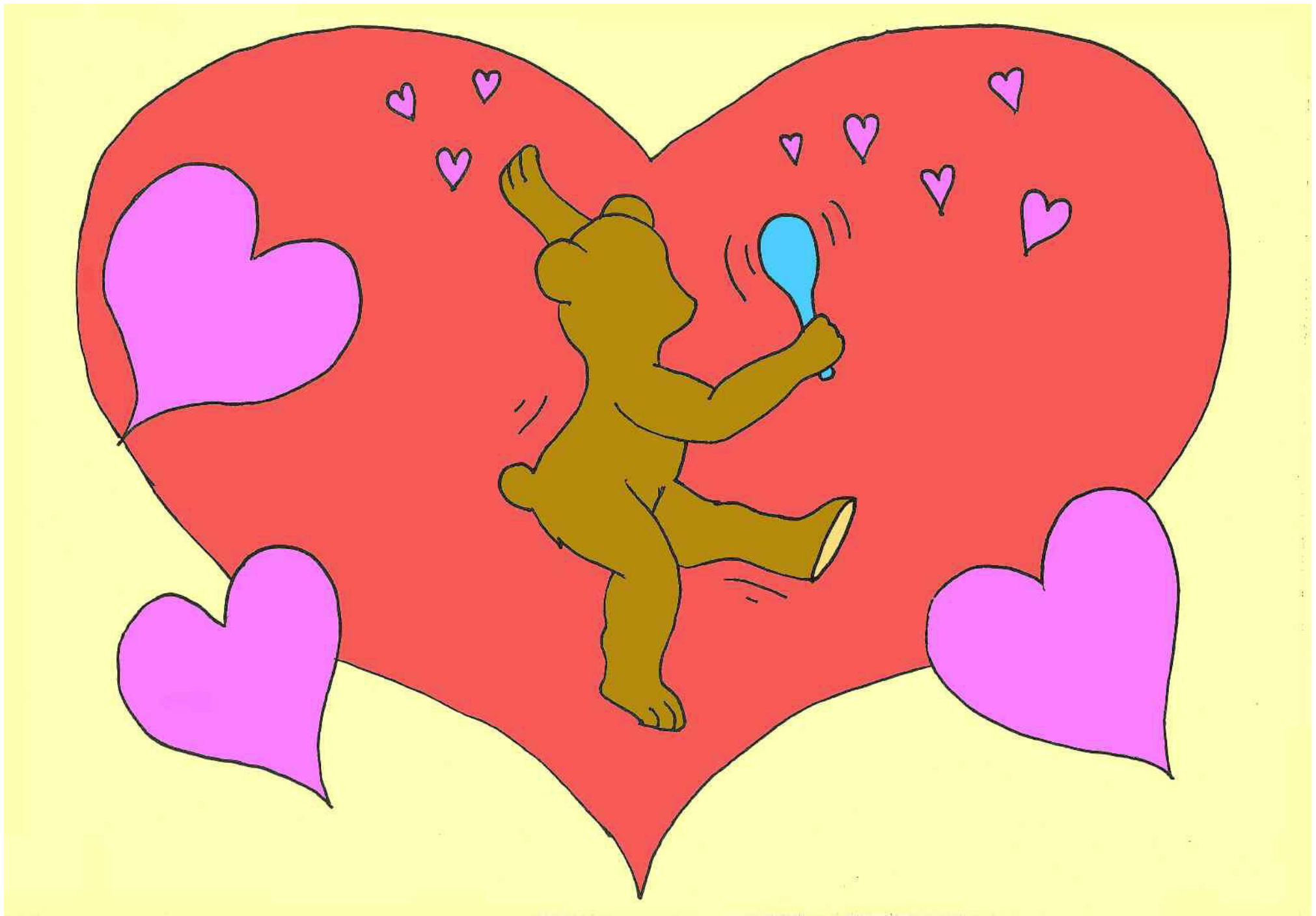
If it's something that would get someone in trouble, then it's probably something bad that they shouldn't be doing. Even if that person is a friend, you would be doing the right thing to talk about it. That way we can help that person to not do bad things. We'll do our best to fix the situation in a way that helps *everyone*.

After all, nobody like it when people are upset with eachother, especially little bears.

But would Little Bear get in trouble too?

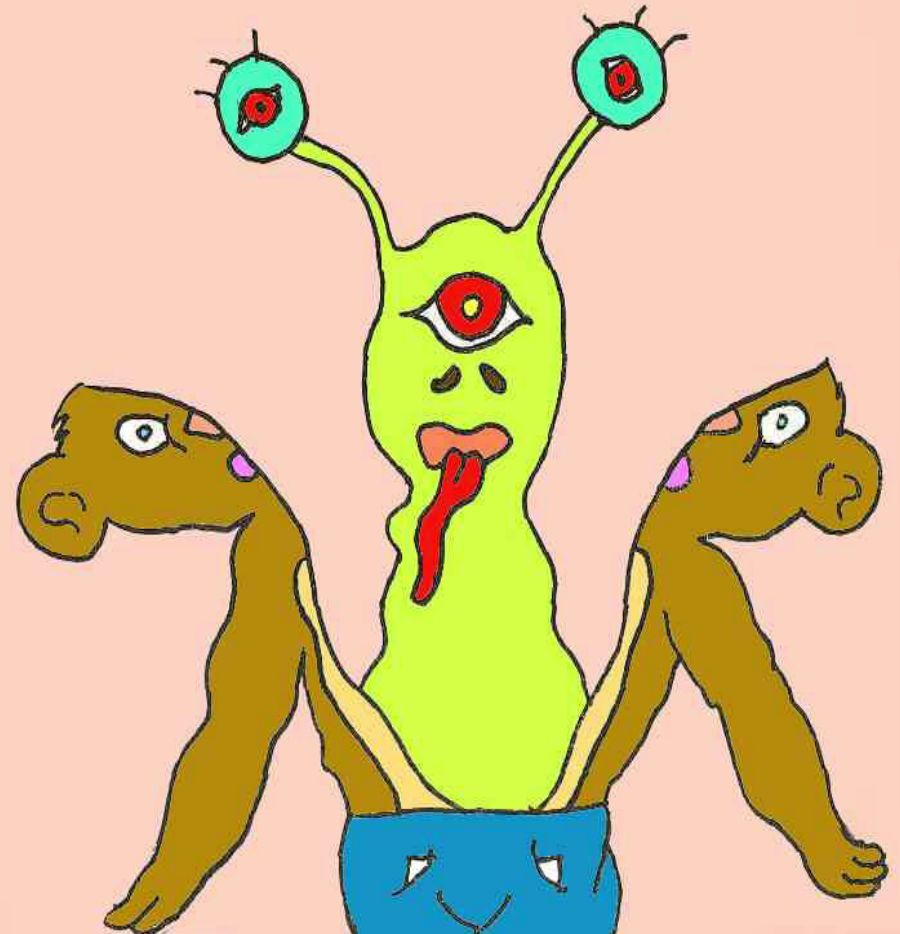


Probably not. If Little Bear did something on purpose that he knew was wrong, he might get in trouble. But not if someone tricked you into doing something that you really didn't want to do. Not if a person, especially a bigger person, wanted you to do it. Parents know Little Bears don't always know what is right or wrong, and that's OK. That's why you should always talk with us about things to make sure.



But would you still love me afterward, no matter what?

Little Bear, I could **never** stop loving you. No matter what you do or what anyone does to you, I will always love you. Even if tomorrow you split wide open, and I were to find out that inside you're really a slimy green alien with big antenna eyes, it wouldn't matter at all. I would kiss your ooey, gooey, slimy green skin and love you just the same, because there is **nothing** that would change my love for you.



But what if Little Bear thought something would
make you upset, and he didn't want to
make you upset?



Then I would tell Little Bear that it would upset us much more if you kept quiet, and didn't come to us for help. We know upsetting things will happen from time to time, that's just part of life. But it's more important that we know, so that we can put a stop to it.

We want to hear it, so we can help you. Like the 3 Musketeers, we're stuck together, all for one, and one for all. What happens to you affects us. So even if it is upsetting we want to tackle it together.



But who else could Little Bear
talk to?



Well, it is always best if Little Bears try to talk to their parents first. But if that's too hard, or if their parents aren't around to talk to right away, there are all sorts of people who will help you out. There are teachers, grandparents, people at church, and any of your other grown-up friends.




So what you're saying is, I should talk with you about everything. The things I do, any problems I have, and anything that happens to me. You and Mom are the people to see. Even if I was afraid or worried that something bad would happen if I told you. Or if something was confusing to me, I would still come talk with you about it. Even if I was shy or embarrassed, I know that when it comes to you and mom, there is nothing I should be embarrassed to talk about.



If somebody told me not to tell, or if it might get somebody in trouble, it would make no difference to me, because I know that keeping secrets from you is not the right thing to do. I also know you would still love me afterwards, no matter what, and you would want me to tell you about everything. Even if it wasn't easy and even if it was a little upsetting, you'd rather know about it, so you could help me do the right thing.

Is that right?





That's right. I think you've got it. So Little Bear, now that we've had this talk, is there something, anything at all, that you need to talk to me about?

Hmmmm....

Not that I can think of right now Daddy. But if I ever think of something, anything, I'll be sure to talk with you about it right away.



How about you little bears?
After reading this story, is
there anything you want to
talk to **your** parents about?

**The
End!**

