

The **Little**
Person
Inside
Me!



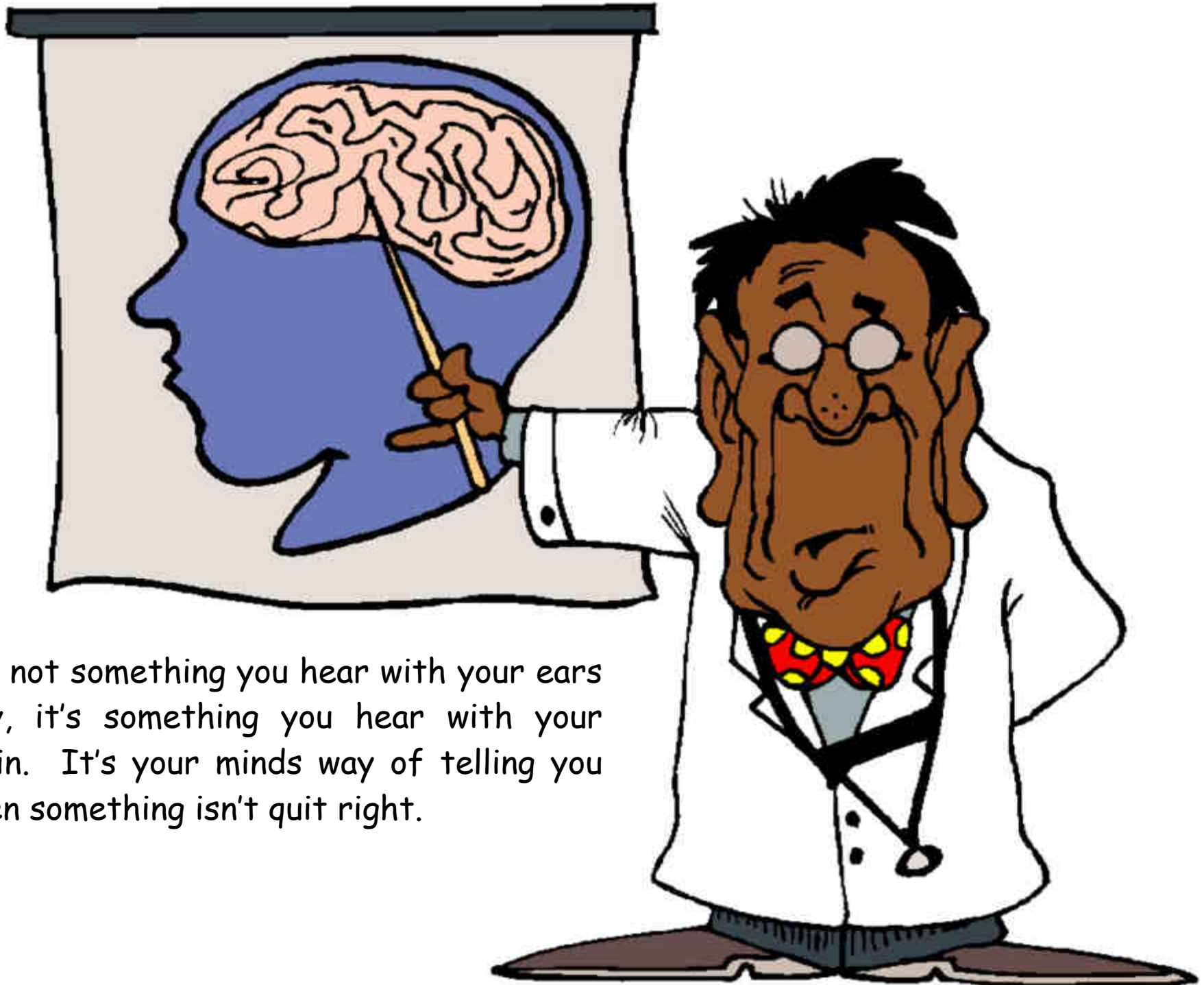
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Did you know that you have a little person inside you?



Okay, okay, it's not a real person, so you can stop looking. Don't go picking your belly button apart to try to find him, that would be silly. It's just an expression. That little person, that little voice inside, is a feeling we get, in our head or in our stomachs, that tells us when something isn't quite right.



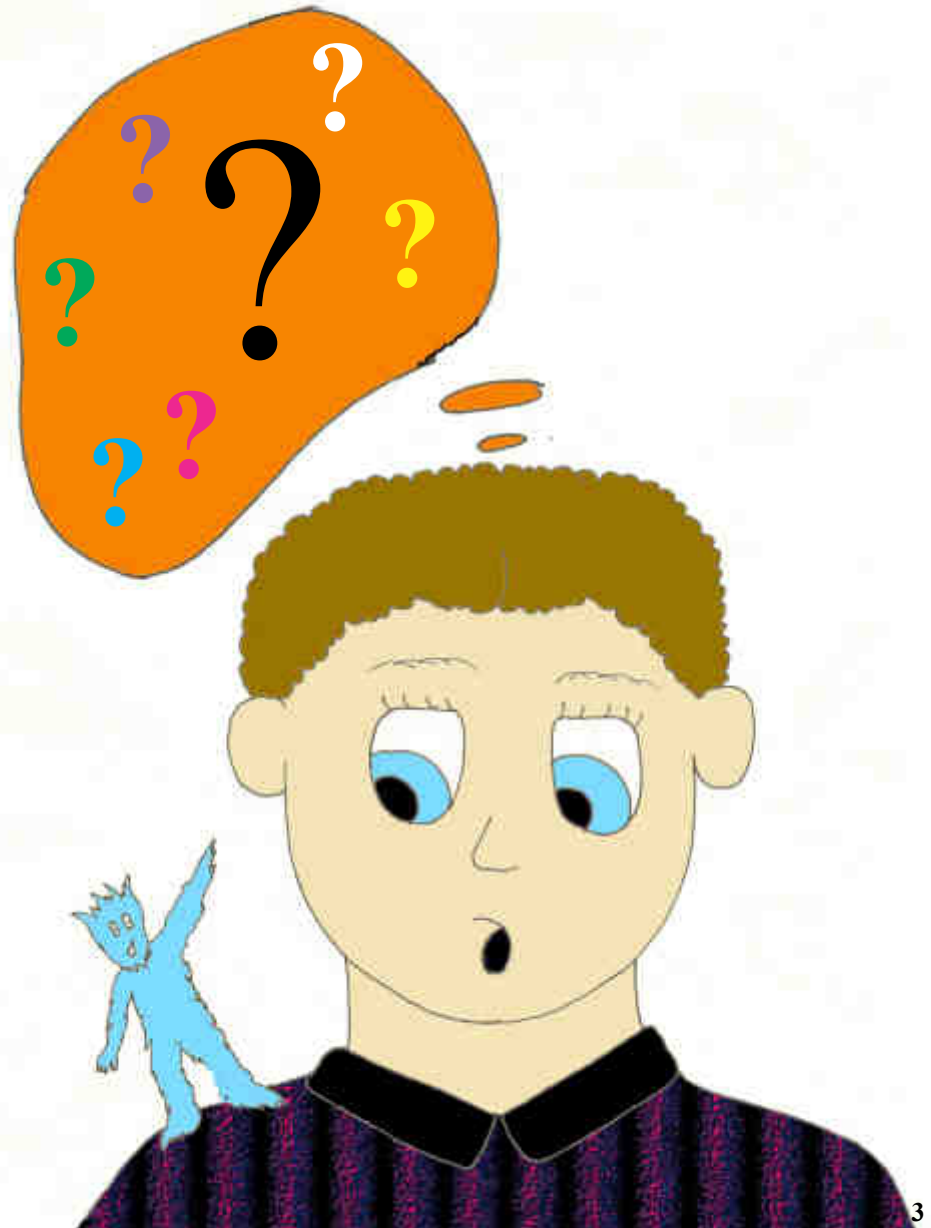


It's not something you hear with your ears silly, it's something you hear with your brain. It's your minds way of telling you when something isn't quit right.

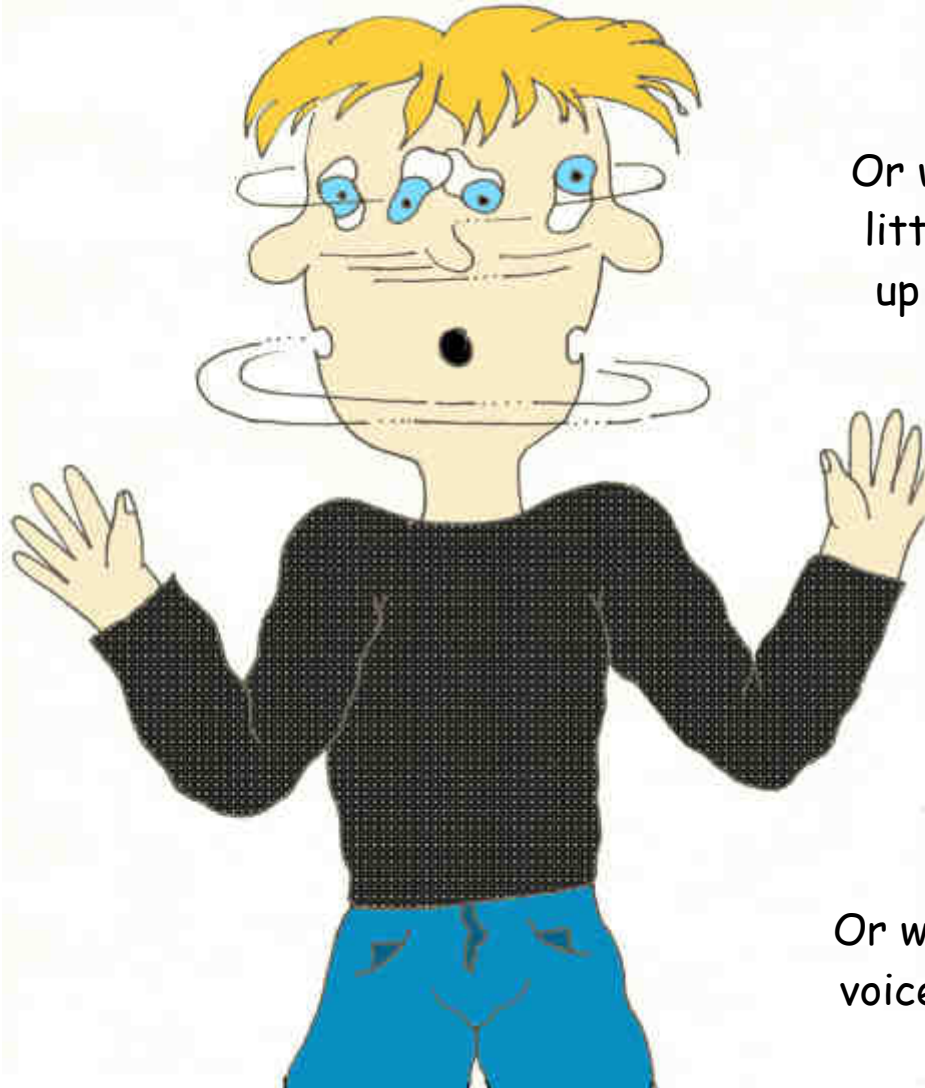
It's a feeling like "hmmmm...something isn't quite right about this." It's a feeling like "I don't know if I should be doing this."



It's a feeling like "something about this makes me feel a little weird." It's a feeling like "something is just a little unusual about this."

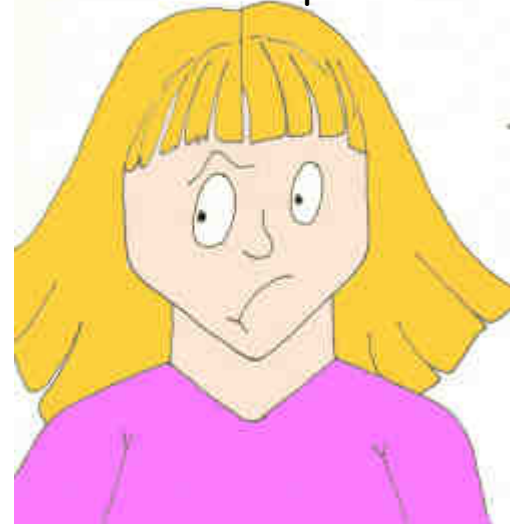


It will be a feeling inside that makes you feel uncomfortable. It might make you feel scared or uneasy. It might make you feel weird. It might make you feel shy or embarrassed. It's a feeling that usually leaves you unsure.



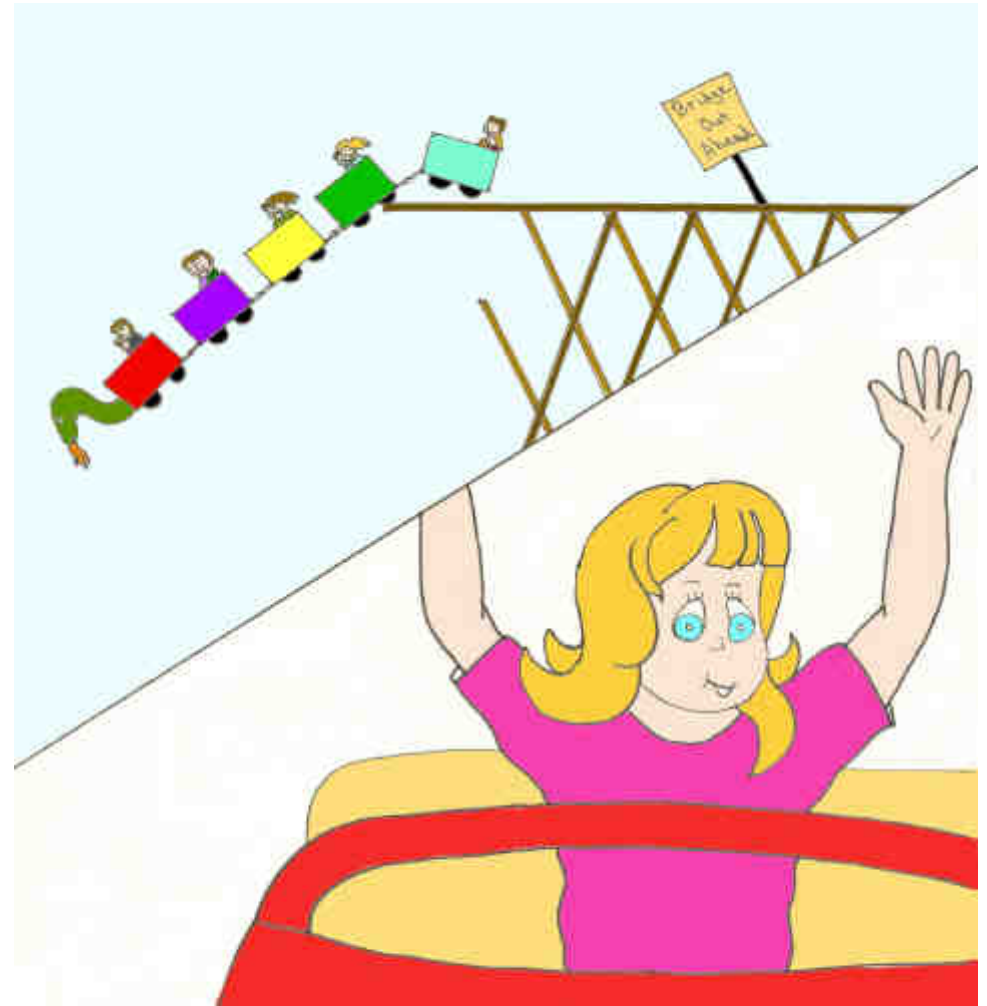
You usually hear your voice when you are scared or frightened. Your voice will speak up and tell you there is danger.

Or when you are confused. That little voice inside you will speak up and tell you that something doesn't add up.



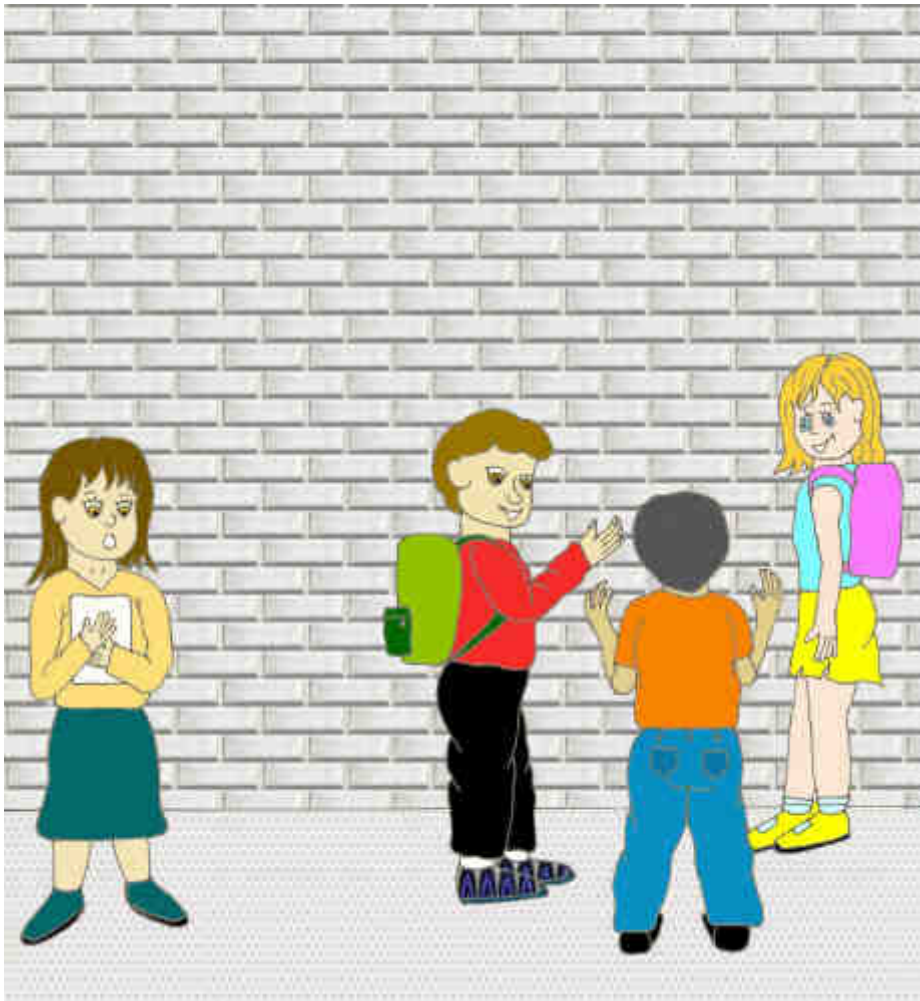
Or when you're trying something new. That voice might tell you to be sure to check so that you know what you are doing.

You might get that funny feeling before you ride a roller coaster. That little voice inside you might pop out and say, "Hey, poopeyhead, this is going to be scary. Are you sure you want to do this?"



You get this feeling because your mind is a little nervous about what will happen. That voice is sending you a message. It's telling you that this is something it isn't sure about. In this case after checking with other people, we might just decide that we want to tell that little voice to hush-up and do it anyway.

You might get that feeling when starting a new school, with new kids you've never met before. That feeling might make you uncomfortable, nervous, or scared about what might happen. You might feel unsure, because you are around new people and an experience you've never had before.



When you're watching a scary movie, you might get that funny feeling inside you. Your voice might just pop out and say "yoohoo, this is gonna be scary....are you sure you want to watch this?"

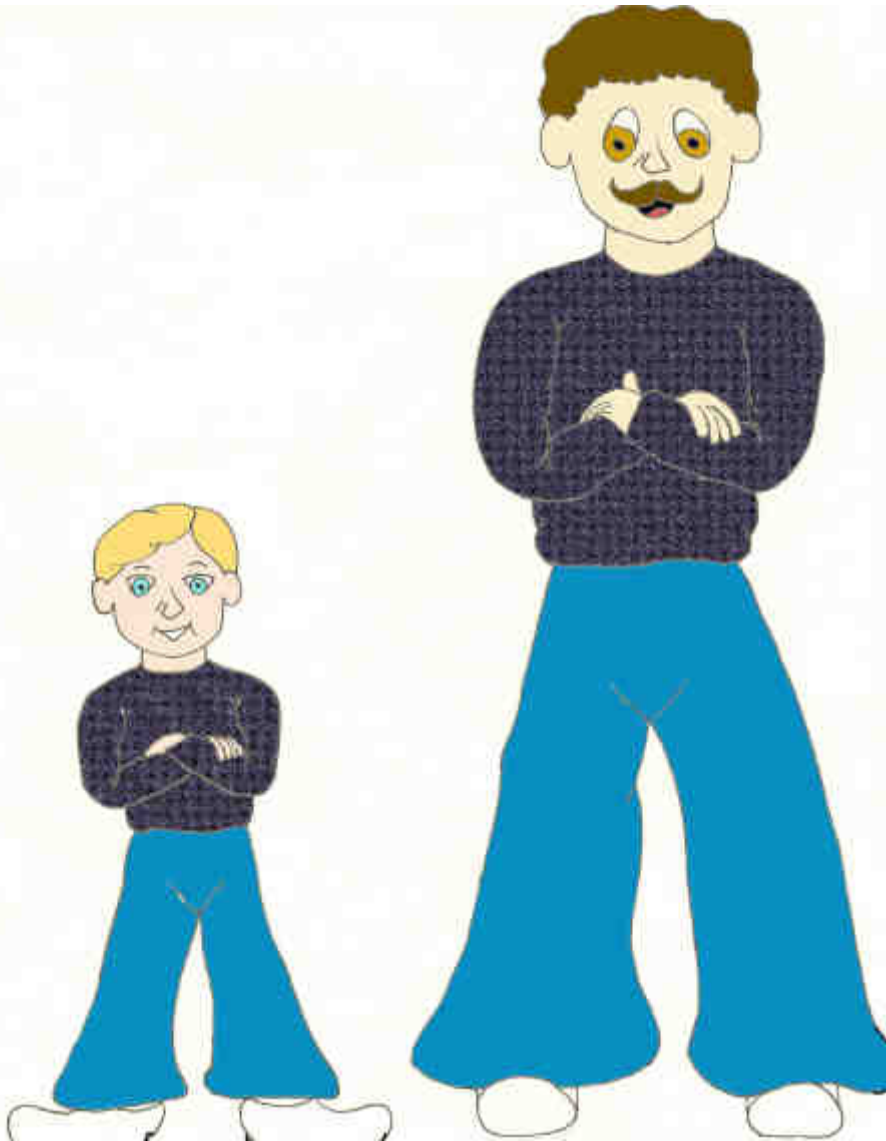
You might hear that little voice when you're telling a lie, if someone asks you to do something that you know is wrong. If someone asked you to steal something, that would probably make that little voice inside you speak up and say "this is wrong to do".



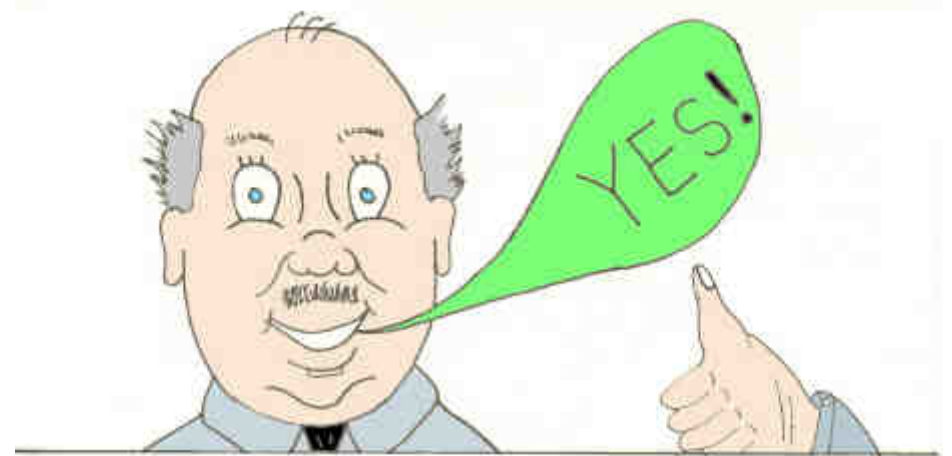
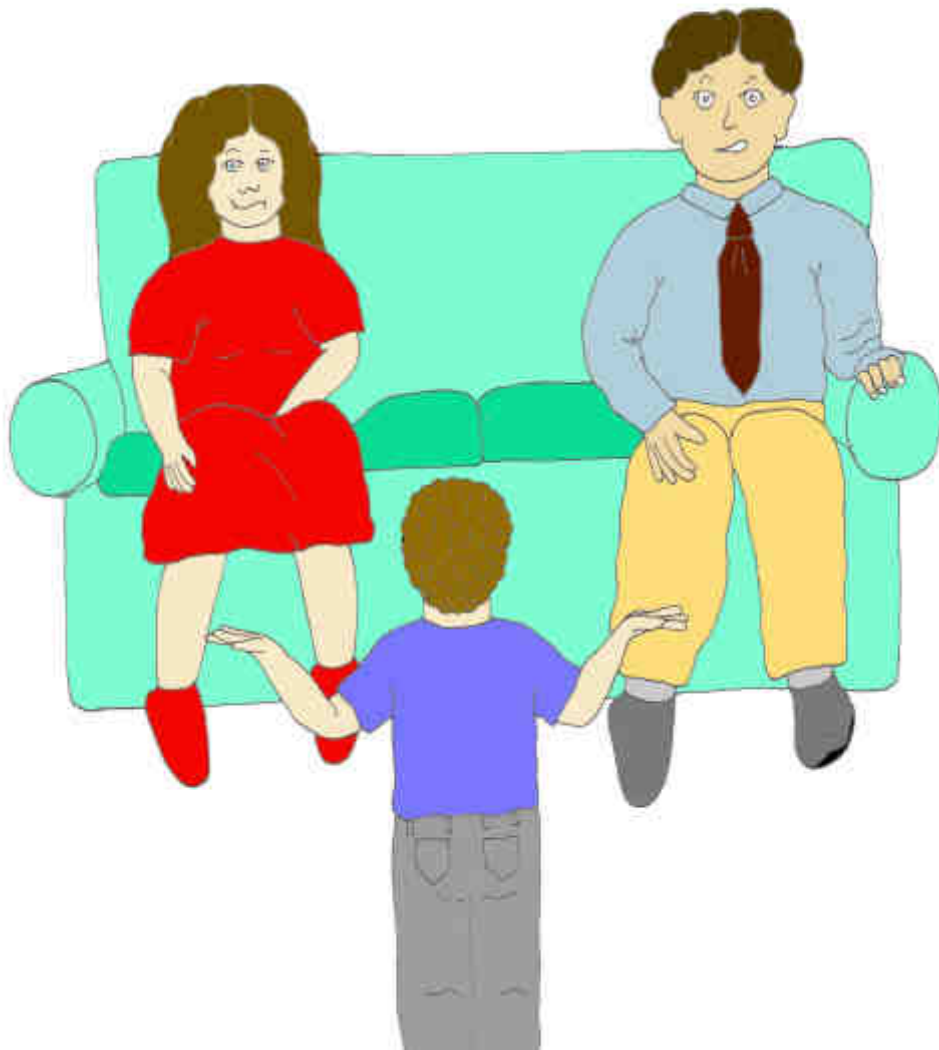
You will also probably get that same voice, that same funny feeling, when someone gives you bad touches, or wants you to give them bad touches. That little voice inside you will tell you if someone's touches aren't quite right. So what do we do? We listen to our instinct of course, and say "not without checking with other people first."



All of us have that little voice inside. Kids and adults. You see, there are good and bad times when your little voice inside you starts to speak up, and you get a funny feeling. Lots of times our instinct is right. Sometimes it can be a little over-protective of us. If we followed it every time, we'd never do anything new or exciting. So we might listen, we might not, but we always ask another adult for a second opinion.



They might say "It's Ok, that voice is probably being a little silly right now." Or they might tell us "no, No, NO! This is something that is dangerous or something that could hurt us." Or they might say, it's OK to do, but it's up to you to decide if you want to.



Whenever our little voice tells us something isn't quite right, we listen to it and take it seriously.



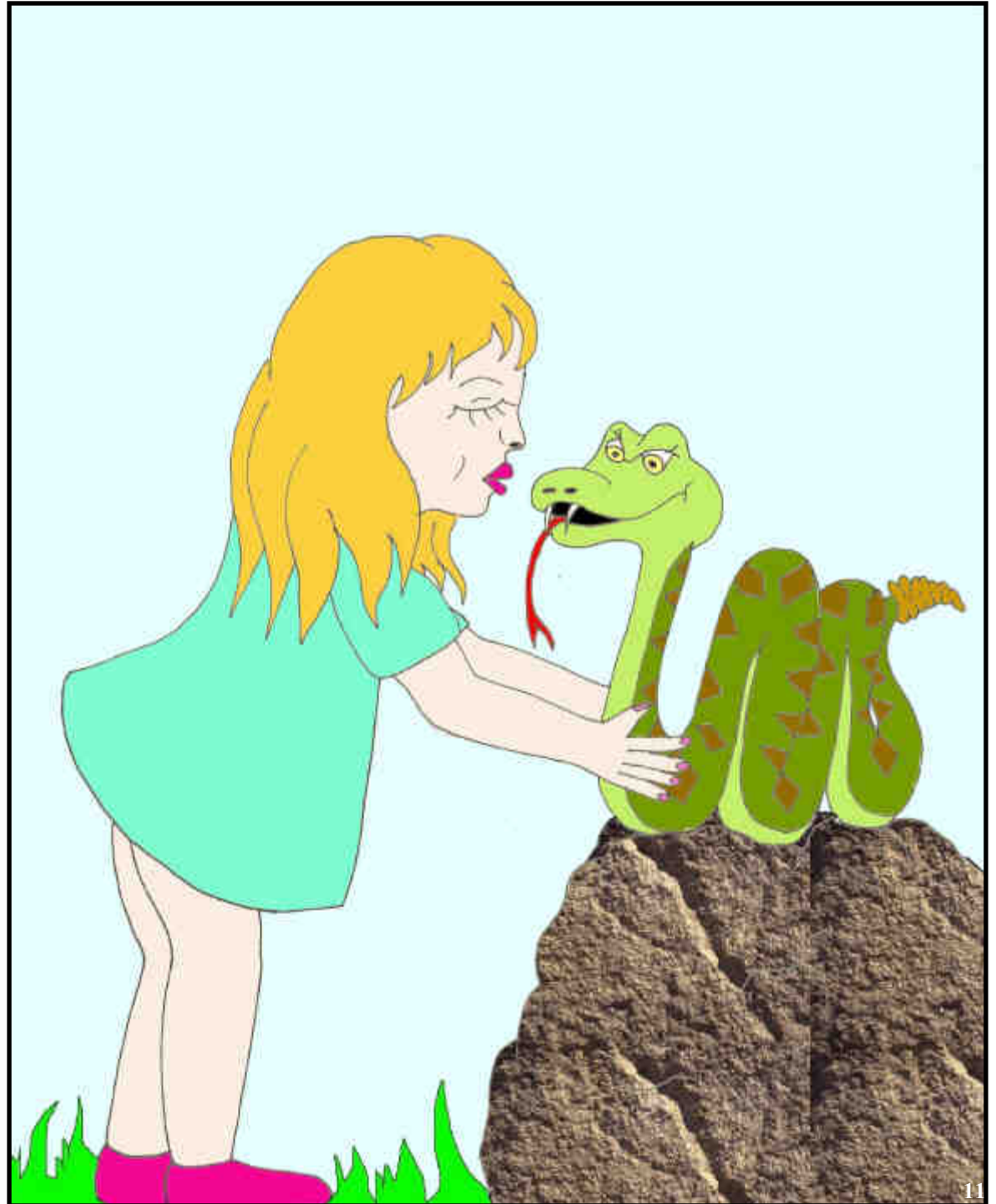
We will always ask other people whenever our little voice tells us something. When we check with other adults, they can help us.

Your voice talks to you all the time. It talks to you every day. We need to learn how to listen to it. We can do this by talking with our parents or other adults when we think we hear our voice. They can help us learn to recognize it. Let's test it real quick. Just close your eyes, and think with your brain. If I told you.... eat a popsicle.....what does your voice tell you? Take off all your clothes and lay on the bed.....what does your voice tell you?



So what is that little voice there for? Is it there to be a party pooper? Of course not, it's there to help you. Just think of what would happen if we didn't listen to that voice of ours and check with somebody else first. In case you ever decide to stick your head in a Lion's mouth, that voice will probably speak up and keep you from doing that.

We might decide we just wanted to kiss a rattlesnake. But I think your voice might tell you there's something wrong with that. We might do all sorts of silly and dangerous things, if we don't listen to that little voice inside us.





We could end up letting someone talk us into something that would make us feel bad later, if we didn't listen to our voice and know to ask someone else for advice first. There are all kinds of dangers in the world that we could get tricked into, if it weren't for that little voice telling us something isn't right. Whew, good thing for that little person inside us!



Perhaps after you close this book, you can tell whoever is reading it to you about what that voice inside you says. That is, unless your little voice inside tells you to read the story again!

THE END