

WHEN IS IT TMI

Have you ever put your finger in your ear and tasted your own earwax? That's Too Much Information — TMI. Have you ever blown your nose and found something interesting nuzzled there in the handkerchief? That is also way TMI. The fact is there are a lot of things that happen to you, RockHopper, on a day-to-day basis that just need to stay to yourself.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

1. Discuss with your parents what they consider to be TMI. They may even have some horror stories of people from their school days that hurt themselves giving out TMI that would be appropriate to share.
2. For the next thirty days think before you speak or act. At the end of the day, reflect on your actions and make sure you have the right life balance of what you share with others.

Did you ever squirt out the contents of a toothpaste tube or empty the feathers from a big old pillow on a windy day? It's super easy and fun to do something like that. But the challenge is to gather up every one of those feathers and get that toothpaste back into that tube again. Impossible I hear you say, and you are right.

You can't unsay a thing, and once people think they know something about you, especially when it is embarrassing, you can carry that burden for years, maybe forever.

It might be fun for us to see ourselves projected up on a jumbotron at a big sporting event, us in all our glory for the whole world to see. But there are a lot of things we do in our life that we would not want the world to see. Once they have seen it, it can't be unseen.

Add to that social media and the cruelty of other kids. A supposedly innocent piece of fun could become a post that goes viral among your peers and makes you want to move to another state.

So let that be a rule. If you don't want to see it out there on everyone's phone, don't say it. If you would not shout it from the roof tops, don't whisper it. Keep it to yourself.

Those fickle friends around you could be your enemies next week. Don't give them the opportunity to have something on you. Have fun, but have wholesome fun that would be just fine to be placed on the big screen.

