Oh no you didn't, oh yes I did Uncle KJ gotta talk to y'all kids Listen up quick, cause the way some of y'all live Must have lost ya mind and jus flipped your lid Now ladies, I know what he be tellin you I know, cause back in the day I used to do it too Talkin bout, aw girl you know I love you And if you love me too, then let me sleep wit you He's a fool, a lyin schemein dude Ima tell ya straight girl, now cut him loose Why, ain't no guy that cute If he won't respect you and wait for you See you need a real man that loves God too And will take a stand even if its hard to And I know that you can now, its worth it for you Check the program this is what I'm tellin you

Oooh y'all better check yourself Nah y'all need to check yourself Un uh you better check yourself No y'all better respect yourself

Where my fellas at, where my fellas at? Now some of y'all need to check where ya head is at I know in the locker room what they be tellin cats don't buy into that now when they sellin that Virgin ain't a drity word don't be ashamed of that See in reality people be respectin that Stand up fro yourself tell 'em jus chill wit that And even if they diss turn around and bless them back Let me talk smack and leave it at that Cause everybody ain't doin it now jus learn the facts don't never let somebody ever hold ya back Nobody except God should ever tell you how to act Its odd sayin that cause peeps won't ell ya that But its the truth and I; ll never back down from that So if ya can handle that and like the sound of that Then people holla back on the track that's down wit that

Oooh y'all better check yourself Nah y'all need to check yourself Un uh you better check yourself No y'all better respect yourself

Ladies and gentlemen ya need to stop playin Stop runnin around always missionary datin You think that the one you're lovin you gonna be savin But end up wit problems from the choice that ya makin Now some y'all girls y'all need to start carin And think twice about the clothes that you're wearin I know it might be nice to have all the guy starin But take advice, respect yourself as a women We all want love and we all want attention But that ain't the way to get it you understand what I'm sayin Wit the baby gap outfit on that ya wearin Sneakin out the house tryin to hide from ya parents See God said save yourself for ya marriage And it was for a reason don't misunderstand it Sex is a beautiful gift don't mishandle it Ya better jus check yourself and don't damage it