

## *Life After 18*

# Grammatical Challenge of the Century!



### **At least in my opinion, Hahahaha!**

Ever find yourself second-guessing whether to write 'you and I' or 'you and me'? This simple trick cleared up my confusion after years of getting it wrong - and might just save you from this common grammatical pitfall too.

### **When should you use “You and me,” vs. “You and I?”**

Actually, they do teach this one in school. I remember in the 8<sup>th</sup> grade my English teacher said all you have to do is drop the other person from the sentence and it'll be clear as day which one you should use. Well, that was as clear as mud as far as I was concerned. It didn't make sense to me until I was well into my 20's. Up 'till then, I always thought when in doubt I should always use the “and I” when talking about my friends and I.

How about you, is that what you think? Just in case it doesn't, here are a few examples of what she was trying to teach me.

#### **Let's say:**

Johnny and I want to go to the store for soda.

Or should it be:

Johnny and me want to go to the store for soda.

### **Here's the trick to dropping the other person (Johnny) from that sentence:**

I want to go to the store for soda.  
Me want to go to the store for soda.

In that case you can see how obvious it is to use “Johnny and I.”

Make sense? Here, let’s try it another way.

**Let’s say:**

How about you and me make a promise with Fred to help him in his garden this weekend?

Or should it be:

How about you and I make a promise with Fred to help him in his garden this weekend?

**Now let’s drop the other person (“you”) from that sentence and see how it sounds:**

How about me make a promise with Fred to help him in his garden this weekend?  
How about I make a promise with Fred to help him in his garden this weekend?

**Here’s an example where the word “me” is more proper:**

Tom, can you help the kids and I with the groceries?  
Tom, can you help the kids and me with the groceries?

**And the litmus test looks like this:**

Tom, can you help I with the groceries?  
Tom, can you help me with the groceries?

**Oh, and was this sentence correct in the introduction? Let’s take a look. Here’s the original sentence:**

Up ‘till then, I always thought I was correct to use the “and I” when talking about my friends and I.

Or should it be:

Up 'till then, I always thought I was correct to use the "and I" when talking about my friends and me.

### **Let's put it to the test:**

Up 'till then, I always thought I was correct to use the "and I" when talking about ~~my friends and I~~.

Up 'till then, I always thought I was correct to use the "and I" when talking about ~~my friends and~~ me.

### **Looks like plan B is the winner!**

I hope this helps you to make the more grammatically correct decision when you come up against this dilemma.

### **Ready to empower the young adults in your life?**

[Click here to join our monthly news letter](#) and discover more about our comprehensive Life After 18 Programs!

I'm also available to bring these essential life skills directly to your community through engaging Zoom sessions or in-person presentations. These interactive workshops are tailored for teen groups, veterans transitioning to civilian life, foster youth programs, and community organizations. Let's work together to prepare the next generation for success! Reach out to me at [Jan@LifeAfter18.com](mailto:Jan@LifeAfter18.com) to discuss how we can make a difference.