



Use the Friend magazine to help your family understand a different sensitive topic each month.

CHOOSING GOOD MEDIA

Our children are surrounded by media each day. And even though we can't filter out every bad thing they may see, hear, or read, there is something we can do. We can teach them to rely on the *internal* filter of the Holy Spirit. (For more about this idea, see the article on pages 72–73 of this month's *Ensign*.) Here are some *Friend* articles you can use to have ongoing conversations about good media decisions in your home.

“Filter Fail” (June 2018, page 32)

A girl comes across a bad picture and talks to her parents about it. Their kind response is a good example for how adults should act—whether the image was seen on purpose or not. Then read “What’s on Your Mind?” (page 34) to talk about filling your mind with positive things.



“Bedtime for Felix” (June 2018, page 36)

One way to prepare children to make wise choices online is to teach—and model—a healthy balance of time

with your family, good media activities, time with friends, and so on. You could use this story, about a boy who takes a break from video games to be with his brother, to talk about finding balance. This month’s Family History Quest (page 18) gives an idea for one great way to use technology.

“Be Smart, Be Safe, and Have Fun!” (Aug. 2016, page 24)

You can use this activity to start a conversation about media guidelines for your family.



Find stories, activities, and media about other gospel topics at lessonhelps.lds.org. For past *Friend* Connection articles, visit FriendConnection.lds.org.

RELATED RESOURCES

- *A Parent’s Guide* on LDS.org has excellent age-by-age help for teaching children about healthy intimacy.
- Go to overcomingpornography.org for family home evening lessons and other helps for parents, including the video for children “What Should I Do If I See Pornography?”
- Standards for making good media choices can be found in the “Entertainment and Media” section of *For the Strength of Youth* (booklet, 2011), 11–13.
- The article “Growing a Healthy Technology Garden” (*Ensign*, Apr. 2017, 64) gives ideas for creating a family media plan.
- EducateEmpowerKids.org is not affiliated with or endorsed by the Church, but is a resource created and managed by Latter-day Saint professionals geared toward helping parents talk to their children about body image, sexual intimacy, pornography, and other issues.