

# Choose the Right Media

*I will only read and watch things that are pleasing to Heavenly Father (My Gospel Standards).*

**Every day you have choices.**

**What Should I Read?**



**What Should I Watch?**



**What Should I Listen To?**



## Go!

- It is uplifting and helps me feel good inside.
- It helps me feel safe.
- It's interesting; it's teaching me good things.
- It helps me want to obey Heavenly Father's commandments.
- It gives me good ideas and inspires me to do good things.
- I wouldn't mind if my parents or siblings were reading, watching, or listening to it.
- I know it's appropriate.
- I feel it's pleasing to Heavenly Father.

**What Should I Play?**



## Stop!

- It has swearing or crude words.
- It shows or talks about violence.
- It shows or talks about breaking Heavenly Father's commandments.
- It makes me feel dull, tired, or like I'm wasting my time.
- It makes me think it would be OK to do wrong things.
- It makes me feel uncomfortable, nervous, scared, or mad.
- I'm not sure if it's something I should read, watch, or listen to.
- I wouldn't want my parents or siblings to know I'm reading, watching, or listening to it.

**So how do you decide?**

- \* Pay attention to your feelings.
- \* Listen to the Holy Ghost.
- \* Put this checklist by your TV, computer, or MP3 player. If you have any checks on the Stop! list, it's time to turn it off, put it down, and walk away.