

WHAT CAN YOU DO?

We were blessed, but not with money. You chose the right, and while that doesn't mean you'll be blessed with friends, you will be worthy to pass the sacrament when you turn 12 next year. And you'll be worthy to go to the temple."

Erik nodded. "I know you're right. But I'm still really lonely at school."

"You'll make good friends, but it might take some time," Dad said. "And remember, every good person stands alone at times. Christ stood alone. You can turn to Him when you need help."

Erik bit his lip and stared out the window.

"Do you know why we're careful about what we read, watch, and listen to?" Dad asked.

"Because we want to have the Holy Ghost with us?"

"Exactly," Dad said. "Pornography offends the Holy Ghost. Trust me, you want the Holy Ghost as your friend. He will help you with everything you do. You also have your mom and me and your siblings. We love you. We will always want to spend time with you."

Dad reached over and ruffled Erik's hair. "It's not the team party," Dad said, "but we could stop and get ice cream to share with the family when we get home."

Erik smiled back at Dad. "That sounds better than the team party." ♦

The author lives in Utah, USA.

Erik's teammates showed him pornography, or bad pictures of people with little or no clothes on. Here are some things to do if you see pornography. Talk about these steps as a family.

- 1.** Call it what it is. Say "that's pornography" or "that's immodest" or "that's a bad picture."
- 2.** Turn it off or turn away.
- 3.** Tell a parent or trusted adult what you saw and how you felt. You might feel ashamed or embarrassed, but speaking up will help you let go of those feelings.
- 4.** Do something positive and happy. Play outside, sing a Primary song, or do an act of service.
- 5.** Pray to Heavenly Father for help focusing on good things. Remember that He loves you, no matter what.

Heavenly Father wants you to be happy you have a body. Looking at pornography disrespects the bodies of others and can keep you from appreciating your own body. It drives away the Holy Ghost, which we need with us so we can see ourselves and others as Heavenly Father wants us to. We can be safer and happier when we make good media decisions.

Find a great video and family home evening lessons on this topic at lds.org/go/CyberStrong.



I Am CYBER STRONG!



Just like it's important to practice good habits that keep your body strong—like eating right, exercising, and washing—it is important to practice healthy online habits too. When you are cyber strong, the things you do digitally bring you closer to Jesus Christ.

I have a turn-away plan.

Just like there are good things online, there are also bad things online that could hurt me. My family has a plan for turning away from bad media. **I don't have to be scared, because I am prepared!**

- If I see something online that feels wrong, I will ...
- If anyone asks for my personal information, I will ...
- If someone is being cyber-bullied, I will ...

STRONG

I spend time away from screens.

It feels good to step away from electronics and focus on other happy things, like talking with family and friends and enjoying nature.

STRONGER

I find good things online.

I use uplifting websites and apps that could be described by the 13th article of faith. My family visits pages like friend.lds.org, children.lds.org, and other safe places to find stories, activities, pictures, and videos to enjoy and share with others.

STRONGEST

For more resources, go to the topic "Media" at lessonhelps.lds.org. And be sure to read the story on page 44!