

STAY MEDIA SAFE



GOOD-CHOICE QUESTIONS

How do you know what's good to watch, read, and listen to? Here are some questions to help you choose the right:

- Does it help me feel the Holy Ghost?
- Does it help me follow Jesus?
- How would I feel if the Savior were here with me?

A TURN-AWAY PLAN



What do you do when you see media that isn't good? Make a plan so you know what to do!

1. Turn off the phone, computer, tablet, or TV.
2. Tell a parent or trusted adult what you saw and ask for their help. They can answer your questions and help you.
3. Do something positive. You could sing a Primary song, read to a sibling, or play outside with a friend.

FOCUS ON THE GOOD

Technology can help you do many good things. What good things has it helped you do?



Here are some ideas!

- Video chat with family.
- Do family history.
- Learn something new.
- Watch or listen to something that makes you happy.
- Visit the *Friend* website.