Every day you have choices.

**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.

**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.

What Should I Read?

What Should I Watch?

What Should I Listen To?

What Should I Play?

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.

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

One day, I was playing a good, fun game on the Internet. Then I noticed that the website I was on was advertising games with blood and gore. I had an uncomfortable feeling, so I exited the website. Later I found the same game on a different website that did not advertise bad games. I felt way better after I turned off the website advertising bad games. I am glad I have the gift of the Holy Ghost so I can be protected and comforted. I am glad the Holy Ghost helps me make good choices.

Renton O., age 10, Utah

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**A Special Scripture**

“For behold, the Spirit of Christ is given to every man, that he may know good from evil; wherefore, I show unto you the way to judge; for every thing which inviteth to do good, and to persuade to believe in Christ, is sent forth by the power and gift of Christ; wherefore ye may know with a perfect knowledge it is of God” (Moroni 7:16).

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**Standing Up for Values**

While I was at my friend’s birthday party, we were voting on movies to watch. There were two out of the five that I knew I shouldn’t watch. I told my friend that I didn’t want to watch those two movies. She wasn’t very happy about that, but she did respect my values. We ended up watching a movie that I felt was appropriate. I am glad I have the gospel standard to follow: “I will only read and watch things that are pleasing to Heavenly Father.”

Kaitlyn M., age 11, Washington

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**Some Great Choices**

* Listen to or watch scripture stories at scripturestories.lds.org.
* Watch videos and listen to music at lds.org/friend and lds.org/youth.
* Download music from lds.org/youth.
* And, of course, read the Friend!