**“DO” RULES**

“Do” rules help you and your family members choose the right. Some **do** rules might include:

- Do go to church.
- Do hold family home evening.
- Do pray and read your scriptures daily.

**“DO NOT” RULES**

“Do not” rules help you and your family members avoid bad or dangerous situations. Some **do not** rules might include:

- Do not take harmful things into your body.
- Do not watch or listen to inappropriate media.
- Do not say unkind words.

**Family Rules Challenge**

Ask your parents if you can discuss which rules are best for your family. Then ask what you can do to help each other follow your family rules.