



# “How can I ask my friends not to talk unkindly or inappropriately about others?”

*Gossip, unkind words, vulgarity—you’ve probably heard all of these things while walking your school hallways. Sometimes your friends are the ones participating, and you might feel uncomfortable and unsure of how to respond, but you can make a difference by being a good example.*

*Stand assured—true friends will respect you for your decision to use clean, uplifting language that emphasizes the positive qualities of others.*



### Ask for God’s Help

Prayer will help you get strength from God to know how to speak to others. First, ask the Lord

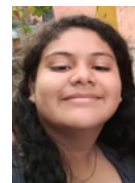
to know what to say to your friends. Also ask Him to help your friends understand the importance of looking at everyone as beloved children of Heavenly Father. Emphasize the importance of seeing the best in people and not saying bad things about them.

*Victória Kércia M., 19, Piauí, Brazil*

### Be Direct

You can just tell your friends nicely, “Hey, stop that. I don’t appreciate it,” or “Please don’t talk like that. That is rude.” After all, one of two great commandments is to “love thy neighbour as thyself” (Matthew 22:39).

*Clayton P., 14, Arizona, USA*

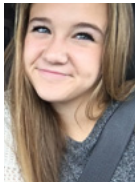


### Have Courage

Just like Esther, Joseph Smith, Joseph of Egypt, and many other scriptural figures, you can

have the courage to stop your friends from speaking inappropriately about others. I was going through the same situation, and I had the courage to talk to my friends in a loving and understanding way. In the end, they accepted and understood how important it is to use pure and worthy language! Besides reading the scriptures and praying, fasting helps a lot in those situations. Pray and ask with faith that our Heavenly Father will give you the courage to speak and touch the hearts of your friends.

*Paola H., 17, San Salvador, El Salvador*



### Help Each Other to Stay Positive

My friends and I got bracelets, and every time one of us said something mean about another person, we would flick the speaker's bracelet. This was a good constant

reminder to keep our thoughts and words positive.

*Caroline J., 18, Utah, USA*

### Embrace Differences with Love

My friends must know that because we each have different strengths, we can benefit one another. In spite of people's imperfections, we must always have more love for them, and we must also believe in the power to change that is found in the Savior's atoning sacrifice.

*Esther M., 19, Kasai-Oriental, Democratic Republic of the Congo*



### Be an Example

The best way to do this is by setting the example. Take the initiative to say good and positive things about whoever is being talked about. You will be amazed

by how fast the conversation can change.

*Elder Eads, 24, Korea Seoul South Mission*

### Explain the Drawbacks

Tell your friends how many positive experiences and interactions with other people they are missing out on. Explain that saying curse words is not good because it distances you from other people and pollutes your mind. Plus, good people avoid you if you use bad language.

*Elisa Ferreira S., 16, Minas Gerais, Brazil*

*Responses are intended for help and perspective, not as official pronouncements of Church doctrine.*



## How do I know if I've fully repented?

**Elder D. Todd Christofferson** of the Quorum of the Twelve Apostles has taught that "repentance means striving to change" and that "real change may require repeated attempts." He has also said that "for our turning to the Lord to be complete, it must include nothing less than a covenant of obedience to Him," which is contained in the baptismal covenant and the sacrament (Oct. 2011 general conference). Full repentance also means making up for any harm you did to others. In addition, the Lord has said that a person who fully repents of his sins "will confess them and forsake them" (D&C 58:43). You should confess all sins to Heavenly Father and serious sins to your bishop as well. (When in doubt, talk to the bishop. He's there to help.)

After doing these things, a way to know you've fully repented is to see and feel the effects of repentance—changes in your desires, feelings, outlook, relationships, and behavior. And, most importantly, full repentance will bring the companionship of the Holy Ghost. **NE**

### Tell Us What You Think:

"I've been struggling with the same temptations for a long time. It's frustrating. How can I move past them?"

**Send your answer and photo by March 15, 2018.**

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*Responses may be edited for length or clarity.*