

# INSIGHTS

from YOUNG ADULTS

*on not judging others on social media*



from CHURCH LEADERS

“I keep in mind that we all have sides of ourselves that we do and don’t share with others.

**Instagram doesn’t equal real life.”**

—Gabrielle Shiozawa, Washington, USA

“I remember that they weren’t brought up the same as me. **I haven’t walked a mile in their shoes.**”

—Tiffany Sowards, Florida, USA

“I have to remind myself to take a step back and remember **not everything is always as it looks.**”

—Kylie Parrish, Utah, USA

“When we see our own imperfections more clearly, we are less inclined to view others ‘through a glass, darkly’ [1 Corinthians 13:12]. We want to use the light of the gospel to see others as the Savior does—with compassion, hope, and charity. The day will come when we will have a complete understanding of others’ hearts and will be grateful to have mercy extended to us—just as we extend charitable thoughts and words to others during this life. . . .

“Words have surprising power, both to build up and to tear down. . . . Choosing to say only that which is positive about—and to—others lifts and strengthens those around us and helps others follow in the Savior’s way.”

**President Jean B. Bingham, Relief Society General President, “I Will Bring the Light of the Gospel into My Home,” *Ensign*, Nov. 2016, 6, 7.**

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