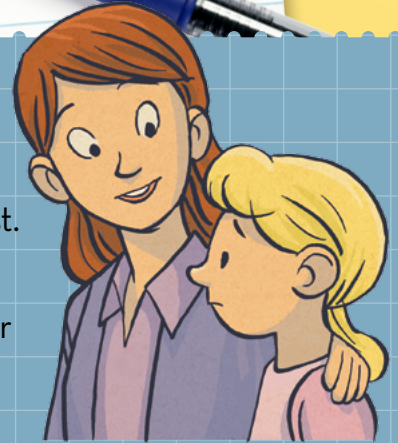


I feel scared when I hear about bad or scary things happening. What can I do to feel better?  
—Scared in Saskatchewan



### Dear Scared,

When something scary happens, you can turn to Heavenly Father in prayer, to the scriptures, and to a grown-up you trust. All of these can help you feel peace. Serving others can also help the Holy Ghost bring you peace. Here are a few ideas for serving others. Put your own ideas in the blank spaces!



#### I see ...

- A sick family member
- A story about a terrorist attack
- A natural disaster
- People who need help in my neighborhood
- Someone being bullied

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#### I can ...

- Make them a card or share a talent.
- Pray for the people who were hurt.
- Donate to the Church humanitarian fund or another charity.
- Plan a service activity with my family. (Go to [JustServe.org](http://JustServe.org) for ideas.)
- Walk them away from the bully and tell an adult.

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### WHAT'S ON YOUR MIND?

Do you have a question about the gospel, growing up, or getting a testimony? Email us at [friend@ldschurch.org](mailto:friend@ldschurch.org) and put "What's on Your Mind?" in the subject line. Don't forget to include the permission statement on page 39. We're excited to hear from you!