



# DEAR PARENTS,



We live in a busy world. So much information is available to us—both good and bad. It can be hard to know how to keep our children safe while they explore and learn and grow.

But as with all things, the Holy Ghost can help us use technology wisely. Pray about what kinds of technology guidelines to set in your family. You can start with some ideas from pages 20–22!

With love,  
The *Friend*



**PLEASE SEND YOUR  
SUBMISSION TO:**

Friend Magazine  
50 E. North Temple St., Rm. 2393  
Salt Lake City, UT 84150-0024  
Or email: [friend@ChurchofJesusChrist.org](mailto:friend@ChurchofJesusChrist.org)

**The following information and permission must be included:**

First and last name

Age	Boy / Girl	State / Province / Region, Country
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**I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.**

Signature of parent or legal guardian	Date
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Email of parent or legal guardian

May the *Friend* contact you with a survey?

 YES

 NO


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