



# CHALLENGE

“I will only read and watch things that are pleasing to Heavenly Father”  
(My Gospel Standards).

Practice saying no if someone tries to show you something bad. Turn away and walk away.

Talk to a parent about why it's important to watch and read only good things.

Make a plan with your family. If you see something bad, tell a parent or trusted adult as soon as possible to quickly let go of bad feelings.

I challenge myself to ...  
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