

The decisions you make now will set the course for much of what will follow during your mortal life and throughout eternity.

Agency and Accountability

The ability to choose is one of God's greatest gifts to you. The Holy Ghost can guide you in using your agency righteously. You are responsible for the choices you make. Righteous choices lead to lasting happiness.

Dating

Do not date until you are at least 16 years old. When you begin dating, go with one or more additional couples. Date only those who have high moral standards. Plan activities that help you remain close to the Spirit. As you enter your adult years, make dating and temple marriage a high priority.

Dress and Appearance

Your body is sacred. Dress modestly to invite the companionship of the Spirit. Never lower your standards of dress. Avoid being extreme in your clothing and behavior. Do not disfigure yourself with tattoos or body piercings. Dress appropriately for Church meetings.

Education

The Lord wants you to educate your mind and develop your skills and talents. Education will prepare you for greater service in the world and in the Church. Be willing to work diligently and make sacrifices to obtain an education. Your education should include spiritual learning. Participate in seminary.

Entertainment and Media

Select only entertainment and media that uplift you. Avoid anything that is

vulgar, immoral, violent, or pornographic in any way. Leave or change any situation if what you see or hear drives away the Spirit. Be careful that your use of social media does not replace spending time with your family and friends.

Family

Be cheerful, helpful, and considerate of family members. Honor your parents by showing love and respect for them. Strengthen your relationships with your brothers and sisters. Prepare now to fulfill your divine roles as a husband or wife and as a parent.

Friends

Choose friends who share your high standards. Show genuine interest in others. Treat everyone with kindness and respect. Invite your friends of

other faiths to Church activities. Reach out to new converts and to those who are less active.

Gratitude

Have a spirit of gratitude in all you do and say. Thank your Father in Heaven for your blessings, and express your gratitude to others who bless your life.

Honesty and Integrity

Be honest with yourself, others, and God. Do not rationalize that being dishonest is acceptable. Have integrity, and be willing to live by your standards and beliefs at all times, even when no one is watching.

Language

Use language that uplifts, encourages, and compliments others. Always use the names of God and Jesus Christ

with reverence and respect. Do not use profane, vulgar, or crude language or gestures. If you have the habit of swearing, gossiping, or speaking in anger, you can change.

Music and Dancing

Music can help you draw closer to Heavenly Father. Do not listen to music that encourages immorality, glorifies violence, or uses offensive language. When dancing, avoid full body contact or moves that are suggestive of sexual behavior. Attend only dances where the Spirit may be present.

Physical and Emotional Health

Your body is a temple. To care for it, obey the Word of Wisdom. Eat nutritious food, exercise regularly, and get enough sleep. Do not use

coffee, tea, tobacco products, alcohol, or any drug that may harm your body or mind. Avoid abusing prescription or over-the-counter medications. Seek healthy solutions to problems, and do all you can to safeguard your physical and emotional health.

Repentance

Through the Savior's Atonement, you can receive forgiveness and be cleansed from your sins when you repent. To repent, confess your sins to the Lord. Serious sins need to be confessed to your bishop. Be completely honest with him.

Sabbath Day Observance

On the Sabbath, attend all your Church meetings, partake of the sacrament, spend quiet time with your family, and serve others. Do not seek

entertainment or make purchases on this day. Whenever possible, choose a job that does not require you to work on Sundays. Observing the Sabbath will bring you closer to the Lord.

Service

Serve others in your home and in your Church assignments, school, and community. Often the most meaningful service is expressed through simple, everyday acts of kindness. Seek the guidance of the Holy Ghost to know whom to serve.

Sexual Purity

When you are sexually pure, you prepare yourself to make and keep sacred temple covenants. Do not have any sexual relations before marriage. Do not participate in discussions or any media that arouse sexual feelings.

Homosexual and lesbian behavior is a serious sin. Victims of sexual abuse should seek help from parents or another trusted adult and their bishop.

Tithes and Offerings

Pay tithing willingly with a thankful heart. Attend tithing settlement. Obey the law of the fast.

Work and Self-Reliance

Develop the capacity to work. Learn early to handle your money wisely and live within your means. Avoid idleness. Develop self-reliance, and use the blessings and abilities God has given you to care for yourself and your family.

Go Forward with Faith

Kneel each morning and night in prayer, and study the scriptures each day. Keep the covenants that you

have made. When possible, attend the temple. Follow the teachings of the prophets and other leaders. Be humble and willing to listen to the Holy Ghost. The Lord will give you the help you need to meet your trials and challenges.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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For the
**Strength
of Youth**

