



DEAR PARENTS,

Help your children know that their words are important. They can choose to use good language (page 10), be a peacemaker (page 42), and say they're sorry (page 44). Read these pages with your children and help them practice using good words. Words are powerful—especially when we use them for good!

Love,
The *Friend*



HAPPY, HEALTHY KIDS
Read "Breakfast Is Ready" together (page 38). Now make a family recipe with your children!



PLEASE SEND YOUR SUBMISSION TO:

- Friend Magazine
- 50 E. North Temple St., Rm. 2393
- Salt Lake City, UT, USA 84150-0024
- Or email: 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