

Why does what I watch or listen to matter so much? It's not hurting anyone.

—Harmless in Helsinki

Dear Harmless,

Everything you watch or listen to affects how you think, feel, and act. And that affects the person you become.

To become your best self, watch and listen to the best things. We are taught to seek after things that are “virtuous, lovely, or of good report or praiseworthy” (Articles of Faith 1:13). And we can know something is good if it makes us want to *do* good and “to believe in Christ” (Moroni 7:16). What you watch or listen to matters so much because *you* matter so much!

With love,
The *Friend*

Good Media Checklist

Use this checklist to make sure you give your awesome brain only awesome media!

- It's uplifting and helps me feel good inside.
- It teaches me good things.
- It helps me want to obey God's commandments.
- It inspires me to do good things.
- It's respectful and matches my family's standards.

