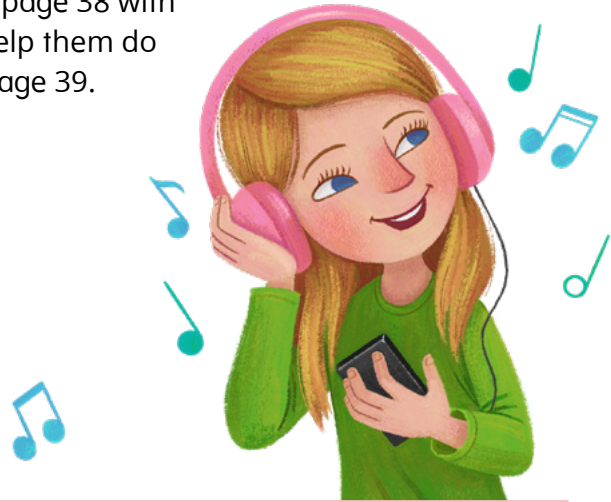




# DEAR PARENTS,

What are your family rules about media? It's never too early—or too late—to talk with your kids about what to do when they see something bad online. Read the story on page 36 to start. You can also read the checklist on page 38 with your kids and help them do the activity on page 39.

With love,  
The *Friend*



## HAPPY, HEALTHY KIDS

Read the story on page 30 and talk about ways your family lives the Word of Wisdom!



**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](mailto:friend@ChurchofJesusChrist.org)

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

First and last name		
Age	Boy / Girl	State / Province / Region, Country
<p><b>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.</b></p>		
Signature of parent or legal guardian		Date
Email of parent or legal guardian		

May the *Friend* contact you with a survey?

 YES NO

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