



Dear Parents,

The Lord has commanded us to have our “hearts knit together in unity” (Mosiah 18:21). To do this, we need to respect and include everyone.

With your children, read one of the stories on pages 4, 16, 30, or 40. How did those people show love to others? How can your family do the same?

Love,
The *Friend*



HAPPY, HEALTHY KIDS

Use confident, uplifting language to help your children see your family as a strong team (see page 34). Show them how you can work together to do hard things!



**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

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
Email of parent or legal guardian	



May the *Friend* contact you with a survey?

