

Family Home Evening – Lesson 1 - Primary

Objective:

Learn what to do when you see inappropriate media and know that you are not a bad person for stumbling upon it.

Review the 5 steps for preparing and presenting lessons in the left column on the Kent Stake POPI Handout, <http://www.kentstake.org/wp-content/uploads/2018/02/POPI.pdf>.

Song:

“I Am a Child of God” (Children’s Songbook, 2).

“I Will Be Valiant” (Children’s Songbook, 162).

Scripture:

1 Corinthians 10:13 “But [God] will with the temptation also make a way to escape, that ye may be able to bear it” 1 Corinthians 10:13

Lesson:

Read “The Bad Magazine”, *The Friend*, February 2007 (**Attached**)

Read “Crash & Tell”, *The Friend*, June 2011 (**Attached**)

Discussion:

- What is inappropriate media? (Anything that we view that causes the spirit to leave).
God has given us access to the gift of the Holy Ghost to help us make good decisions about what media to view, read, or listen to. When our choice of media causes the Spirit to leave, we need to recognize that the Spirit is telling us that what we are doing will take us away from God. The longer we continue viewing inappropriate media, the harder it will be to feel the Spirit again. It is essential that we learn how to respond appropriately when we encounter inappropriate media.
- What did the children in the stories do when they saw inappropriate media? Whom did they talk to? How did talking to their parents help them? Review Internet Safety Tips in “Crash and Tell” (attached)
- Teach the pattern for responding to inappropriate media in ‘Oh No! Now What?’ from “Crash and Tell” (attached). Teach the children to turn it off or turn away, and talk about their experience with their parents. You could ask the children to repeat the steps for an appropriate response to make sure that they understand how to act when they encounter something inappropriate.

Activity:

You may want to use hand signals or actions to help them remember the steps. Consider doing a drill. Ask different children to pretend to watch something on a computer, mobile phone, or television.

Demonstrate the steps for how to react if they encounter inappropriate media, like turning off the computer, (or closing their eyes if someone shows them something bad) and telling their parents or a trusted adult. Invite each child to practice the steps.

Closing:

Bear testimony of the concepts shared. Remind the children that Heavenly Father loves them, will help them be happy, and that they are not bad if they stumble upon inappropriate media/material, but can get help in dealing with the bad feelings it brings.

The Bad Magazine

By Brinna J.

Once when I was in second grade I was riding the bus home after school. Some high school boys were sitting in front of me looking at a magazine. The one who was holding the magazine came back and sat by me. The magazine had pictures of immodest girls. I knew that the prophet had said not to look at bad magazines or pictures. I closed my eyes and turned away. The boys tried to get me to look, but I kept my eyes closed. I'm glad I chose the right by doing what the prophet said.

Brinna J., age 11, Wyoming



The Example of Jesus

By Hannah V.

I want to be with Heavenly Father and Jesus someday. I want to be with my family, and that is what Heavenly Father wants too. I know He will bless me when I make good choices. I feel happy inside when I am with my family. Jesus is a good example for me, and I want to follow Him.

I was trying to be like Jesus when I was at my friend's house. She was sad because her older sister had been mean. I used the example of Jesus to teach her not to be mean back to her sister. It made her feel better.

Hannah V., age 9, Arizona



Picture of Peace

By Emily B.

There was a girl in my class who was not being nice to me. Even though the teacher told her to stop, she kept calling me names and kicking me. My mom told me that I should draw a picture for her. It worked! After I gave her the picture, she started being nice to me. I'm happy that I chose the right.

Emily B., age 6, Germany



Missionary Bear

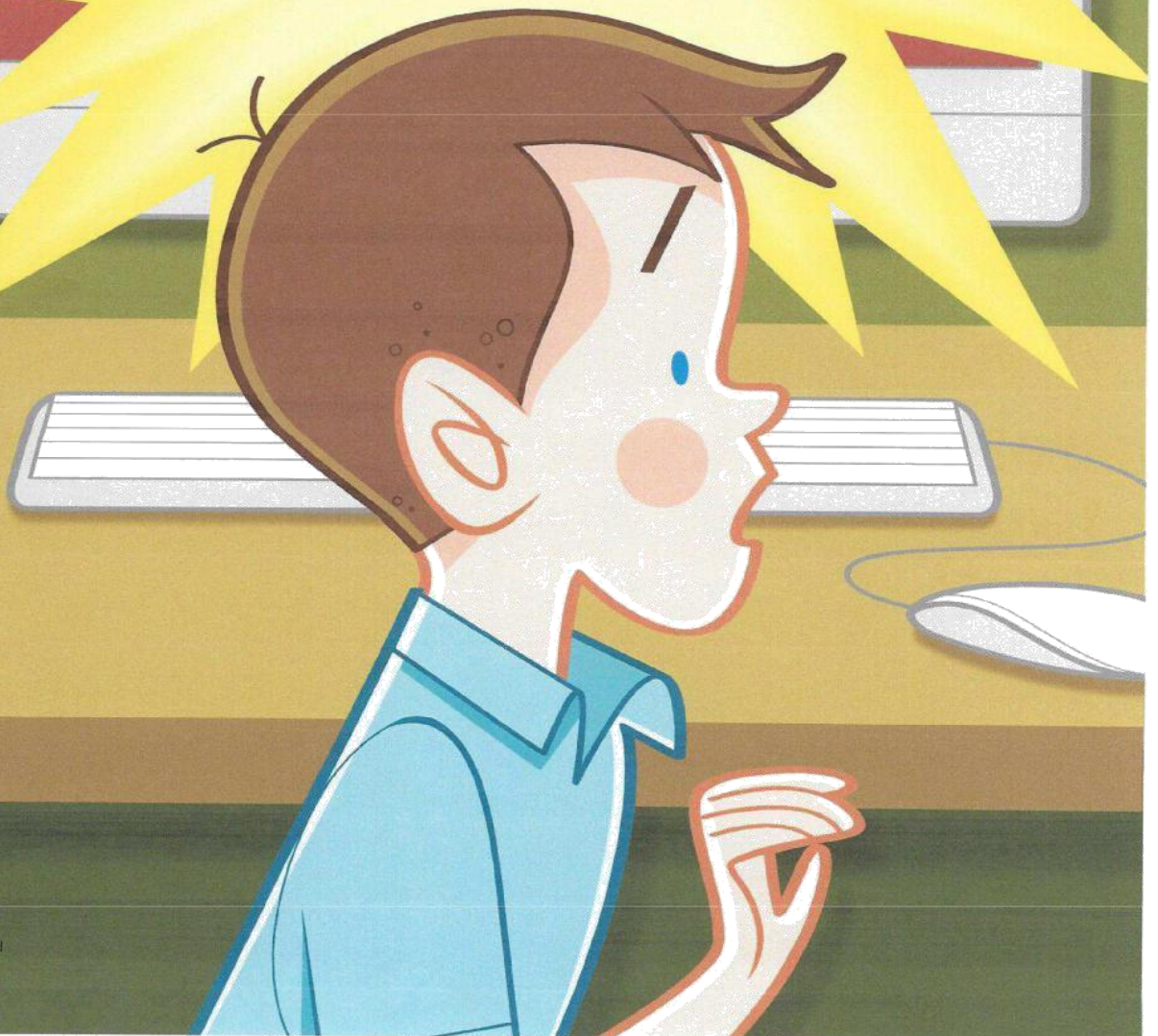
By Tucker N. with help from his mom

For a first-grade class project we were asked to dress up a paper bear to look like someone we want to be when we get older. I decided to dress my bear as a missionary. My mom helped me cut out a white shirt, vest, and pants. I glued them onto the bear. My dad made me a missionary nametag. I wrote a few sentences

about how education would help me become what I had dressed my bear as. I wrote that education would help me learn to read, write, and even learn a new language. We had a teddy bear parade for all the first-grade children and their parents. I do plan to be a missionary.

Tucker N., age 6, Florida

Crash AND Tell





"I will keep my mind and body sacred and pure."

My Gospel Standards



By Danielle Kennington

(Based on a true story)

Be faithful, and yield to no temptation (D&C 9:13).

Connor sat down at the family computer and typed in the website address his friend had given him. "You've got to check it out!" his friend had said.

But as soon as the website appeared, Connor felt awful. He quickly tried to close the page, but the more he clicked, the more bad pictures popped up. In a panic, Connor hit the off button on the computer and ran to his bedroom.

Connor felt sorry he had seen those pictures. Since his baptism a few months ago, he had started to feel the special peace of the Holy Ghost. But after seeing those pictures, Connor didn't feel peace at all. He felt guilty and scared that someone would know what he had seen.

Connor was quiet during dinner. He tried to listen to his family's conversation, but the pictures he had seen kept coming back into his mind. The sick feeling in his stomach wouldn't go away.

When he said his prayer that night, Connor told Heavenly Father about the pictures he had seen. He said he was sorry and wouldn't do it again. After the prayer he felt a little more peace, but he also had a feeling that he should go talk to Mom. Connor really didn't want to tell her what had happened. What if she got angry or was disappointed?

Finally, Connor decided to talk to her. He went to Mom's room and sat on her bed, where she was reading.

"Mom, can I talk to you?" he asked.

"Sure, honey," Mom said. "What is it?"

He blurted it all out. He told her about what his friend said, and he told her about what he saw when he visited the site. Mom watched him closely, but she didn't seem angry.

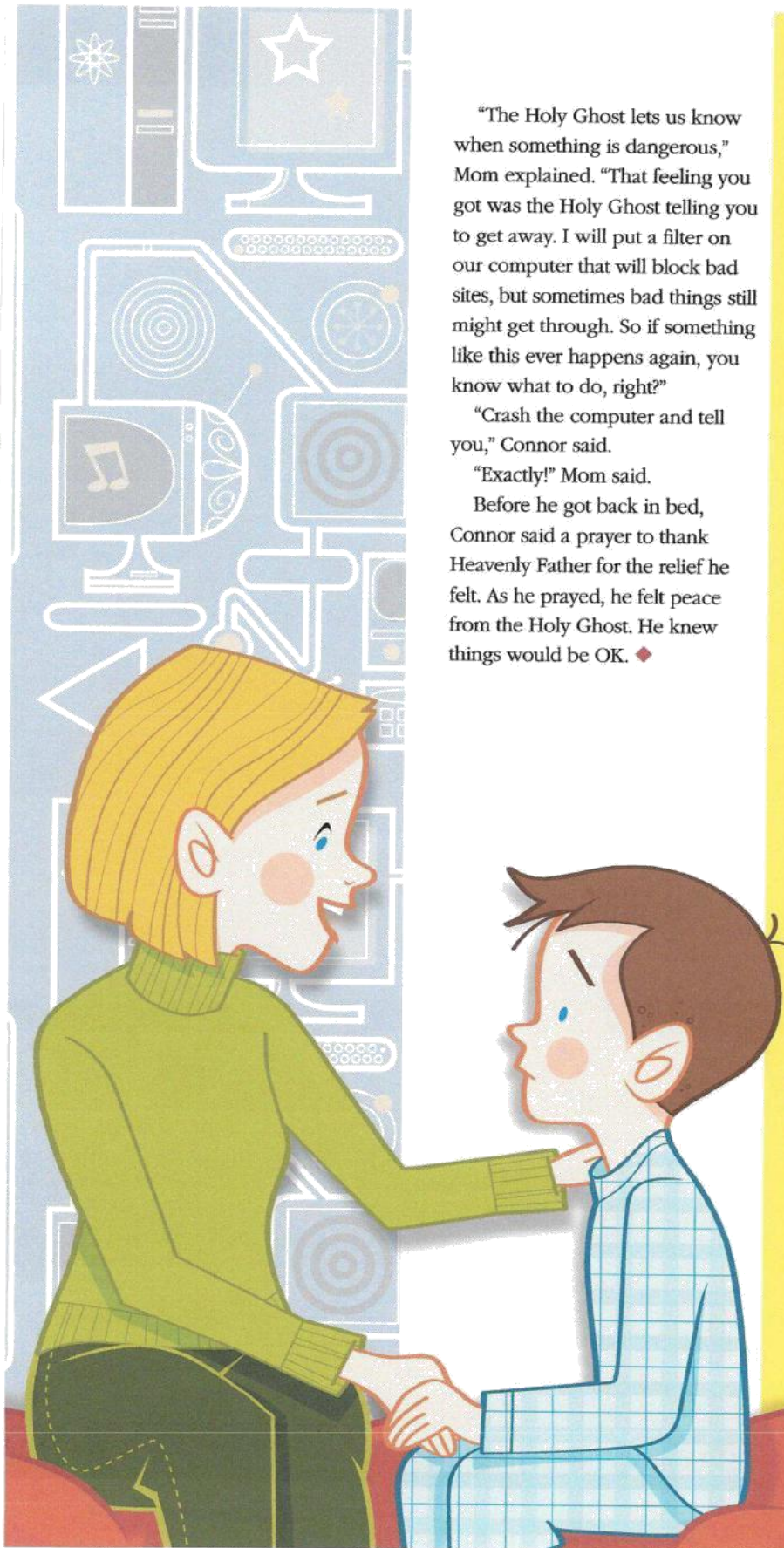
"I didn't know what to do," Connor said. "So I just turned off the computer and ran away. I'm so sorry, Mom. I shouldn't have typed in that address in the first place, but I didn't know it was bad."

Mom gave Connor a hug. "Connor, I am so sorry you saw those pictures," she said. "Some people try to trick children into seeing bad things. But you did the right thing. If you see bad pictures on the computer, you need to 'crash and tell.' That means push the power button to turn off the computer and then come and tell me right away. You did exactly the right thing."

Connor felt so relieved!

"Connor, I want you to know it is not your fault," Mom said. "It was a mistake, and you don't need to feel guilty about what happened."

"But, Mom, if I did the right thing, why did I feel so bad inside?"



"The Holy Ghost lets us know when something is dangerous," Mom explained. "That feeling you got was the Holy Ghost telling you to get away. I will put a filter on our computer that will block bad sites, but sometimes bad things still might get through. So if something like this ever happens again, you know what to do, right?"

"Crash the computer and tell you," Connor said.

"Exactly!" Mom said.

Before he got back in bed, Connor said a prayer to thank Heavenly Father for the relief he felt. As he prayed, he felt peace from the Holy Ghost. He knew things would be OK. ♦

INTERNET SAFETY TIPS

- Get a parent's permission before you use the Internet.
- Use the Internet only when other people—like your parents—are around.
- Unless a parent gives you permission, never give out your real name, age, address, phone number, or other personal information.
- Bookmark your favorite websites so you don't have to search for them.

To escape from an inappropriate website:



1. Turn off the screen or the computer.



2. Tell an adult.



3. Never visit the site again.



4. If someone shows you an inappropriate site, don't be afraid to walk away.

If you are looking for a safe, fun website to visit, check out lds.org/friend. We have stories, coloring pages, videos, slide shows, games, and more.

Oh No! Now What?

It can happen anywhere—at home, at school, or at a friend's house. Suddenly you see something you *know* isn't good—on a phone, TV, computer, or game device, or in a book or magazine. Now what can you do to feel better?



Don't just sit there. Watch or read something good. Do something active. Do a good deed. Go be around family or friends.

Remember who you are. You're not bad because of what you saw. You are a child of God, and He loves you and wants to help you be safe and happy.

Get away from it. Turn it off. Put it down. Treat it like it's poison for your brain—because that's what it is.

Tell your mom or dad. Parents know you best, and they want to help you be safe and happy. Don't be embarrassed. What happened to you happens at some time to almost everyone.



Keep talking. It might help you to tell your mom or dad whenever anything you saw during the day made you feel uncomfortable. Parents can help you make a plan to protect yourself from seeing inappropriate things. If you feel trapped, worried, or like you want to see something inappropriate again, be sure to tell them about that too.

Let it go. Picture yourself letting go of a balloon and watching it float away. Try to relax and let what you saw float out of your mind. Now picture the temple, your family, or something else you love to see.

