

Seek that
which
uplifts,
inspires,
and invites
the Spirit.

-For the Strength of Youth

Use
social
media to
uplift.

-For the Strength of Youth

Seek
wholesome
experiences
and real and
lasting
relationships.

-For the Strength of Youth

Your body
is in the
image of
God

-For the Strength of Youth

Treat your
body—and
others'
bodies—with
respect.

-For the Strength of Youth

Do things
that will
strengthen
your body

-For the Strength of Youth

Living with
integrity
means that
you love truth
with all your
heart—

-For the Strength of Youth

Be a light
for others.

-For the Strength of Youth

Honesty
brings peace
and
self-respect.

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Come Follow me- For Primary “Invite a child to read John 14:15. Let the children take turns drawing pictures that represent someone keeping a commandment, while the rest of the children guess what he or she is drawing. For examples of commandments, see the For the Strength of Youth booklet (2022). How does keeping these commandments show the Savior that we love Him?”