



For the Strength of Parents

Helping Teens Follow Prophets: Media, & Friends

Our Minds Are Like Wet Cement



"Our minds are a little bit like wet cement in the sense that whatever we inscribe there is not easily erased. The things we see, think, and hear are apparently permanently embedded in our minds. It follows that we should carefully monitor what we watch or listen to in the media, because the images we see on television or in the movies or what we listen to on the radio or stereo remain permanently filed away, subject to recall" (Randall A. Wright, "Modern Media and Morality," *Why Say No When the World Says Yes* [Salt Lake City: Deseret Book, 1993], p. 127).

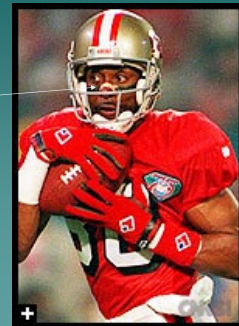
1985: Increase in Fighter Pilots



The Power of Media & Sports Heroes

Breath-Right Nose Bandage

CNS makes breath right bandages which supposedly keep people from snoring. They sold 2.7 million in 1994. Then Jerry Rice wore one in the 94 Superbowl. The next year they sold over 70 million



Concern #1: Popular Music

- ◆ "Much of the rock music is purposely designed to push immorality" (President Ezra Taft Benson, *The Teachings of Ezra Taft Benson* [Salt Lake City: Bookcraft, 1988], p. 322).
- ◆ "Approximately 2,940 more hours are spent listening to music than are spent in school between seventh and twelfth grades" (Stewart Powell, "What Entertainers Are Doing To Our Kids," *U.S. News and World Report*, 28 October 1985, pp. 46-49).
- ◆ One researcher found that 75 percent of MTV's music video's contain sexual themes. He concluded that "watching rock music video's is not passive adolescent entertainment; simply watching them can alter viewer's perceptions of the social world" (C. Hansen, "Priming sex-role stereotypic events schemes with rock music videos," *Journal of Basic and Applied Psychology*, December 1989, 373-391).

Do Not Fill Your Mind with Unworthy Music

"Young people, you cannot afford to fill your mind with the unworthy hard music of our day. It is not harmless. It can welcome onto the stage of your mind unworthy thoughts and set the tempo to which they dance and to which you may act?" (Elder Boyd K. Packer, *Conference Report*, October 1973, 25).

If You Really Cared About Someone, would you be willing to have sexual relations before marriage?

Classical	35%
Soft Rock	56%
Top Forty	65%
Country	69%
Punk Rock	71%
Rap	73%
Alternative	80%
Heavy Metal	84%

(As cited in Wright, "Modern Media and Morality," 131-132).

The Powerful Influence of Music

"Music has a very powerful and wonderful influence in establishing feelings and moods that can lift and elevate your thoughts and your actions. But because it is so powerful, it is cleverly used by the adversary to stimulate your thoughts, feelings, and moods, to pollute and poison your mind and cause you to do things you would not otherwise consider doing" (Ardeth Kapp, *Ensign*, November 1990, 94).

Concern #2: Television

- ◆ The effects on the family are of some concern. *One negative effect of watching television is to decrease communication and interaction among family* (Christopher, Fabes, and Wilson, 1989).
- ◆ "Television viewing has a profound effect in the lives of most youth, particularly those who are spending four to five hours a day in front of their sets. The typical high school graduate will have spent almost twice as much time watching television as he has spent in the classroom - the equivalent of ten years of forty-hour weeks" (E.H. Methvin, "TV violence: The shocking new evidence," *Reader's Digest*, January 1983, pp. 49-53).
- ◆ "National studies have shown that the average American spends four hours a day watching TV or 28 hours weekly. This compares to 1.5 hours per week for working mothers and 62 minutes for fathers per week in quality time with each child" (Randal A. Wright, *A Case for Chastity* [USA: National Family Institute, 1993], p. 69).

Slug Alert

- ◆ The average man, woman, & child in the U.S. watches TV 30 hours a week (*U.S. Bureau of Census*, 1996/1997).
- ◆ "By the time the average person reaches 70, he or she will have spent the equivalent of 7 to 10 years of their lives watching television" (see *Children, Adolescents, and Television*, American Academy of Pediatrics Committee on Public Education, February 2001).



Television Is Out of Control



"Television is out of control in some homes; the set is rarely turned off, regardless of the programming. Some programs are filthy and evil and are poisoning the minds of God's children today... Satan has made television and film media among his most effective tools to destroy minds and souls" (Joseph B. Wirthlin, *Ensign*, November 1988, 36).

TV Weakens Spiritual Strength

"One of the ways Satan lessens your effectiveness and weakens your spiritual strength is by encouraging you to spend large blocks of your time doing things that matter very little. I speak of such things as sitting for hours on end watching television or videos, playing video games night in and night out, surfing the Internet, or devoting huge blocks of time to sports, games, or other recreational activities.

"Don't misunderstand me. These activities are not wrong in and of themselves (unless, of course, you are watching salacious programs or seeking out pornographic images on the Internet)....

"But I speak of letting things get out of balance.... "One devastating effect of idling away our time is that it deflects us from focusing on the things that matter most. Too many people are willing to sit back and let life just happen to them. It takes time to develop the attributes that will help you be a well-balanced person" (Elder M. Russell Ballard, "Be Strong In the Lord," *Ensign*, July 2004, 13-14).

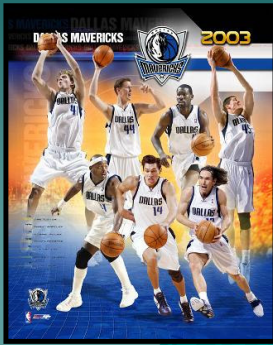
Can You Name Them?



Can You Name Them?



Can You Name Them?



Can You Name Them?



Nice...

- ◆ "A study by the American Psychological Association figures that the typical child, watching 27 hours of TV a week, will view 8,000 murders and 100,000 acts of violence from age 3 to age 12" (*U.S. News & World Report*, 11 Sept. 1995, p. 66).
- ◆ "Nearly 70 percent of young children have TVs in their bedrooms today; nearly half [49%] have videogame systems in their bedrooms; 46 percent have VCRs; 37 percent have DVD players; 35 percent have cable or satellite TV service; 24 percent have PCs and 18 percent are hooked up to the Internet in their bedrooms" (*Nickelodeon Survey, The New Normal*, Associated Press, November 20, 2005).

Even Nicer...

- ◆ A study by the Kaiser Family Foundation on the media habits of young people found that "on average, 8-to-18 year-olds watch nearly 4 hours of television a day and devote nearly 2 hours a day listening to music
- ◆ Another report revealed that "In a sample of programming from the 2001-2002 television season, 64% of the shows included sexual content, 32% sexual behavior and 14% featured strong suggestions of sexual intercourse" (*Washington Post*, 20 June 2005).

A Strange Paradox

"It seems very strange that we place deadbolt locks on our doors to prevent evil people from entering into our sacred homes and then we turn around and invite the same type of people in through television programming"

See Alma 50:1-10!!



(Randal A. Wright, *25 Mistakes LDS Parents Make and How to Avoid Them* [National Family Institute, 2006], 66).

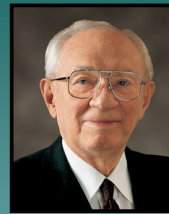
TV Influence on Morals

"Perhaps the most harmful messages TV brings into our homes relate to intimate physical relations. In the past several years, there has been a marked increase in the frequency of flirtatious behavior and sexual innuendos on TV. Storylines and settings that include revealing or enticing apparel and explicit camera angles are on the increase. Moreover, references to intimate physical relations on TV, whether verbally insinuated or contextually implied, occur most often between unmarried partners—five times more frequently than between married couples. References to such relations with prostitutes come in second. Together, references to sexual conduct between unmarried partners and with prostitutes account for about 70 percent of all references to intimate physical conduct on television. (Larry A. Tucker, "What's on TV Tonight?" *Ensign*, Feb. 1988, 20).

Electronic Media in Bedroom x Willingness to have Premarital Sex

- ◆ No Media 33%
- ◆ Stereo Only 49%
- ◆ Television Set 67%
- ◆ TV/VCR 71%

The Words of a Prophet



"...I am suggesting that we spend a little less time in idleness, in the fruitless pursuit of watching some inane and empty television programs. Time so utilized can be put to better advantage, and the consequences will be wonderful. Of that I do not hesitate to assure you" (President Gordon B. Hinckley, CR, April 1995, 117).

Concern #3: Movies

"When 1200 students were asked what kinds of movies they enjoyed viewing, 73 percent favored R-rated films, 22 percent preferred PG-13 movies, 5 percent like PG-rated shows, and 0 percent listed G-rated movies as enjoyable. Clearly, youthful viewers disdain movies whose content is suitable for all audiences, preferring entertainment that by its rating is guaranteed to portray some measure of sex, violence, and profanity" (Randall A. Wright, "Modern Media and Morality," *Why Say No When the World Says Yes* [Salt Lake City: Deseret Book, 1993], pp. 135-136).

Percent of Teenagers Seeing at Least One R-rated Movie:

- ◆ Non-LDS Students: 99%
- ◆ LDS Students: 92%



Consider Self Very Religious x R-rated Movies:

0-5 R-rated movies	65%
6-15 R-rated movies	43%
16-25 R-rated movies	38%
26+ R-rated movies	24%

Willingness to have Sex x R-Rated Movies:

	LDS	Non LDS
0-5 R-rated movies	4%	19%
6-15 R-rated movies	6%	49%
16-25 R-rated movies	13%	61%
26+ R-rated movies	30%	71%

Premarital Sex is OK

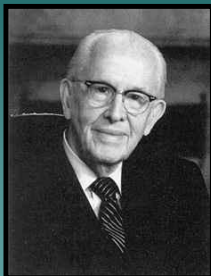
- ◆ 0-5 R-rated movies 25%
- ◆ 6-15 R-rated movies 59%
- ◆ 16-25 R-rated movies 70%
- ◆ 26+ R-rated movies 82%

Parents Have Responsibility

"When parents try to teach their children to avoid danger, it is no answer for parents to say to their children, 'We are experienced and wise in the ways of the world, and we can get closer to the edge of the cliff than you.' Parental hypocrisy can make children cynical and unbelieving of what they are taught in the home. For instance, when parents attend movies they forbid their children to see, parental credibility is diminished. If children are expected to be virtuous, parents must be virtuous. If you expect your children to be honorable, you must be honorable" (James E. Faust, *CR*, October 1990, p. 41).

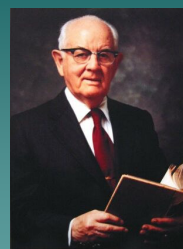
A Prophet Has Spoken

"We counsel you, young men, not to pollute your minds with such degrading matter, for the mind through which this filth passes is never the same afterwards. Don't see R-rated movies or vulgar videos or participate in any entertainment that is immoral, suggestive, or pornographic" (Ezra Taft Benson, *Ensign*, May 1986, p. 45).



From President Kimball

"The body has power to rid itself of sickening food. That person who entertains filthy stories or pornographic pictures and literature records them in his marvelous computer, the brain, which can't forget this filth. Once recorded, it will always remain there, subject to recall" (Spencer W. Kimball, *The Teachings of Spencer W. Kimball*, p. 283).
XR Alma 12:14



Movies & Morality

"A stake president recently told me that never once when he was a bishop, did any youth come to him who had sexually transgressed who had not first viewed movies with sexual content" (Randall A. Wright, "Modern Media and Morality," *Why Say No When the World Says Yes* [Salt Lake City: Deseret Book, 1993], p. 137).



Media Guidelines

1. Parents, know the content of the media your children are exposed to: See www.screenit.com
2. Help your children reject obscene material
3. Help your children understand how they would feel if you, their bishop, our prophet, or the Savior was sitting beside them while they viewed such content.
4. Help children understand that they can avoid that "one bad scene" by avoiding the entire movie.
5. Develop a rating system in your family.
6. Discuss your values with your children: When a Nephi stands up to pressure, there is always a Sam that will follow.
7. Use Moroni 7 as a guide
8. Seek Spiritual Guidance in Selecting media:

Concern #4: Friendships

"Have good associates or don't associate at all. Be careful in the selection of your friends. If in the presence of certain persons you are lifted to nobler heights, you are in good company. But if your friends or associates encourage base thoughts, then you had best leave them" (Ezra Taft Benson, *God, Family, Country*, [Salt Lake City: Deseret Book, 1974], p. 241).



For the Strength of Youth

"Choose friends carefully. They will greatly influence how you think and act, and even help determine the person you will become. Choose friends who share your values so you can strengthen and encourage each other in living high standards. A true friend will encourage you to be your best self."

Choose Friends Carefully

"Chose your friends carefully. It is they who will lead you in one direction or the other. Everybody wants friends. Everybody needs friends. No one wishes to be without them. But never lose sight of the fact that it is your friends who will lead you along the paths that you will follow. While you should be friendly with all people, select with great care those whom you wish to have close to you. They will be your safeguards in situations where you may vacillate between choices, and you in turn may save them" (President Gordon B. Hinckley, *Ensign*, January 2001, 2).

Worst Habits Best Friends

"We pick up our worst habits from our best friends" (H. Burke Peterson, *Area Conference Report*, August 1973, 62).

"...Chose friends who share your standards, both members and nonmembers. Such friends will make peer pressure uplifting and positive" (Elder M. Russell Ballard, *Conference Report*, October 1990, 48).

Children Will Never Go Astray

"Children... will never go astray while they are in good company"
(Francis M. Lyman, *CR*, October 1907, p. 15).



For the Strength of Youth

"To have good friends, be a good friend yourself. Show interest in others and let them know you care about them. Treat everyone with kindness and respect. Go out of your way to be a friend to those who are shy or do not feel included."

Friends More Influential Than Parents

"In a survey which was made in selected wards and stakes of the Church, we learned a most significant fact. Those persons whose friends married in the temple usually married in the temple, while those persons whose friends did not marry in the temple usually did not marry in the temple. The influence of one's friends appeared to be a more dominant factor than parental urging, classroom instruction, or proximity to a temple" (President Thomas S. Monson, *CES Fireside for Young Adults*, 6 November 2005, Brigham Young University).

Friends with Family

You'll Be With Them Longer



Friends with Non-Members

"Invite your friends of other faiths to your Church meetings and activities, where they can learn about the gospel. Help them feel welcomed and wanted. Many people have joined the Church through the example and fellowship of their friends. Don't be offended if your friends decline your invitation to learn more about the gospel. Just continue to be their friend."

What Parents Can Do

1. Teach the importance of good friends
2. Pray for good friends for your children
3. Invite good families over to your home and get to know their families
4. Monitor your children's friendships
5. Facilitate an atmosphere in your family where your children are best friends
6. Get to know your children's friends and treat them well.

Make Your Children's Friends Your Friends

"Open your homes to the friends of your children. If you find they have big appetites, close your eyes and let them eat. Make your children's friends your friends" (President Gordon B. Hinckley, *Ensign*, November 2000, 50).



Get to Know the Parents of Your Children's Friends

"You may need to get together with the parents of your children's friends and mutually agree on acceptable standards of entertainment, hours, and activities. When discussions about standards are held, either at home or with the neighbors, involve the children as well whenever possible. If they have a part in the decisions made, they will more likely 'own' them and be more inclined to live up to them" (Elder Joe J. Christensen, *One Step at a Time: Building a Better Marriage, Family, and You*, 74).