Instructions

Develop a media-management plan by studying Elder Bednar's talk, "Things As They Really Are." (The talk is in your packet--Unit 4.) Then create and follow your plan throughout the duration of the project. Follow specific instructions in your course for how to complete and submit the project.

Some items to consider for your plan

- Make sure that all the computers/tablets/cellphones you have access to are protected by a web-filter (you might try K9 internet filter protection).
- Keep a record of all your media experiences for the next two weeks. In your record, track the programming, source, and length of time spent on each (e.g. - Pop music on ipod: 45 minutes, Basketball game on tv: 1.5 hours, Emailing on laptop: 1 hour, Wii Sports on the Wii: 1.5 hours, Etc.).
  - Consider some or all of these goals as part of your Provident Living Program:
    - Music - Only listen to music that uplifts and edifies,
    - Movies – Avoid all movies that have any sexual content, bad language, or violence,
    - Magazines or Books - no magazines or books that have any sexual content, bad language, or violence
    - Video Games/Social Networking – two week fast from Facebook, Pintrest, etc. and/or all video gaming.
- Addiction Recovery Program: If you are in a battle with an addictive behavior of any kind--pornography, compulsive eating disorders, gaming addiction, gambling, substance abuse, etc.-- become involved with:
  - The Church’s Addiction Recovery Program (ARP),
  - The ARP Program Guide, and
  - The Addiction Recovery Meeting Finder.
  - Specific to pornography addiction, see the Church’s Overcoming Pornography site. After reviewing some of the resources at Overcoming Pornography write out a specific plan of steps you can take now to safeguard your own and others purity.