"How Do The Things I Say Affect Me & Others?"  
  
Another reminder that really applies to all of us!  One aspect of this lesson that I had not thought of was how we speak to ourselves!  That inner voice inside our head should be positive, not negative.  What we think about affects how we speak and act towards ourselves and others.  
  
This is also a lesson on language...avoiding swearing, vulgarity, gossip, cruel comments, bad jokes, etc.  This is huge as school starts and kids are trying to figure out who they are and where they fit in.  I hope our youth don't compromise their standards to fit in.  
  
I also included a bunch of Mormonads from lds.org.  I'm a sucker for Mormonads.  I grew up with them on my bedroom wall.  I love the visuals and hope the image and message will stick with our youth as they go from day to day.  
  
The two videos in the outline are awesome!  We have used both for family night and they both apply to this lesson if you'd like to show one.  
  
The handout is a quote from Larry M. Gibson (General Young Mens Presidency)  It points out the power of our thoughts, words and actions.  They truly are connected.  
  
Have a great lesson!