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Instructions to the Safeguards Online Course

The image consists of four screenshots of a mobile browser displaying the Church of Jesus Christ of Latter-day Saints' Missionary Portal. The screenshots illustrate the following steps:

- Screenshot 1:** Shows the main landing page of the Missionary Portal. A red circle highlights the "Missionary Portal" button at the top. Below it, a "TRY BETA" button is circled in red.
- Screenshot 2:** Shows the beta version of the Missionary Portal. A red circle highlights the hamburger menu icon. A message indicates "You are using the beta version." Buttons for "Submit Feedback" and "Report a Problem" are visible.
- Screenshot 3:** Shows the "Missionary Portal" screen after clicking the hamburger menu. A red circle highlights the "Health & Safety" option under the "My Mission" section. Other options include "Communication," "Adjusting to Missionary Life," "Drive Safely," "Immunization Tracker," "Prevent Mosquito-Borne Diseases," and "The SafetyZone."
- Screenshot 4:** Shows the "Essential Training" section. A red arrow points down to the "Safeguards for Using Technology" heading. A red circle highlights the "Take Course" button underneath. Text above the heading states: "By applying the *Safeguards* principles to your circumstances, you set an example for younger missionaries to follow as they work to develop lifelong righteous digital habits."

1. Go to [Missionary Portal](#) (if you are given the option to "Try Beta," choose Beta)
2. Click on the **hamburger menu icon**
3. Click **Health and Safety**
4. Click **Safeguards for Using Technology**
5. **Scroll down** and click "**Take Course**" underneath the Safeguards for Using Technology heading.

