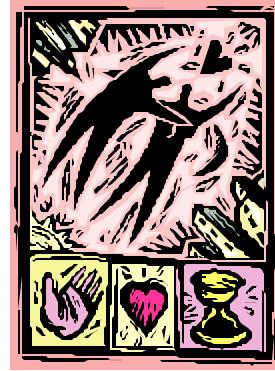


# How Do I Learn to Love?



- ◆ Try to integrate my sexuality with the Spiritual, Physical, Intellectual, Creative, and Emotional aspects of my personality. [Notice how the first letters of those aspects spell SPICE.]
- ◆ Make opposite sex friends who respect our true worth.
- ◆ Find movies, music, books, magazines, TV, videos, and internet sites that show respect for sexuality? Do they have stories and heroes that encourage goodness and respect God's plan for sex, marriage, and relationships.
- ◆ Avoid sexual put downs, and crude jokes, language, stories, or comments.
- ◆ Let the way I look, move, and act ask others to get to know me as a total person (SPI CE) not just notice the physical parts of who I am.
- ◆ Make friends who will support my decision to abstain from sex until marriage.
- ◆ Pray for God's grace to help me, my friends, and my family follow God's plan for sexuality.
- ◆ Ask forgiveness from others when I hurt them.
- ◆ Try every day to be a Christ-like, loving person. Treat my family, friends, classmates, teachers, and all those I come in contact with as I would like to be treated.