



## **Love Actually**

### **Your Sexual Choices**

**You will be asked to split into gender groups for this exercise. The guys to the right side of the room and the girls to the left side of the room. Roughly get together in groups of no more than ten.**

**Once in your group, go over the questions one by one for discussion. The volunteers will be walking the room as you work if you get stuck and you can ask them questions.**

1 Do you know of friends or family who have struggled with being able to free themselves from difficult sexual choices? What helped them to make better sexual choices for their future like Sue and Liz were discussing in the skit?

2 What has helped you to make good sexual choices for yourself in your life. (for example great advice from a parent when you were choosing a sexual partner)

3 What has influenced you to make unhelpful sexual choices for yourself in your life. (for example the influence of constant media attention on sexual images)

4 What is the spiritual health of your sexual choices at present considering that great spiritual thinkers often talk of the need for love and sex to be necessary for healthy perspectives of life.