



# Stay safe this festive season

During the holiday season, many of us go all out to have a good time by partying, chilling at braais with family and friends and travelling to fun and faraway places. However, as we relax and enjoy ourselves, we need to take the necessary steps to keep safe so that we don't have to deal with tough and possibly traumatic situations.

Just some tips to stay safe this festive season are drinking responsibly, not drinking and driving or getting into a car with a drunk driver. If you're travelling long distances, take regular breaks to avoid eye strain and fatigue. It's also a good idea to take turns driving if there's another licensed person in the car.

At this time, it seems as if everyone is hurrying to wrap up their Christmas shopping and get where they're going. But stick to speed limits and obey other rules of the road to not

endanger your life or the lives of others.

If you're going away for Christmas, make your home look occupied by leaving a light on and getting a trusted neighbour to check on your property. When you're out partying, always make sure your phone is charged and has sufficient airtime so you can call someone to take you home if you find yourself in a difficult position. You should also ensure to load your phone with the number of a reputable taxi company so that you always have access to transport when you need it.

Now is a time of the year for everyone to delight in having fun. By taking the necessary precautions, you can have a safe and peaceful festive season that you really enjoy to the fullest. This is the last MizzB page of 2015.

It's been great providing you with psychosocial support. See you again in the New Year!

## I'm in love with a serial cheater

Dear MizzB

*I'm 23 years old and in a two-year relationship but I have a problem. My boyfriend often cheats on me although I'm faithful to him. I love him a lot and tried to forget about him several times but I couldn't.*

*Once I try to move on I feel lonely and bored, so when he apologises I forgive him.*

■ *In Love*

Dear In Love

People base their relationship on different standards. Being cheated on can leave you feeling betrayed and disappointed. When a partner is unfaithful it makes you

question the loyalty, honesty, care and support you're supposed to receive.

People are bound to make mistakes but should learn from them. If a partner cheats over and over again, not only does it show he doesn't care but also that he disregards your feelings by not taking you seriously.

Your boyfriend is an adult who needs to know the difference between things that hurt you and those that don't.

As much as you love him, you need to ask yourself if he feels the same way. You have the power to decide what's best for you and whether or not your relationship is healthy.

## We had sex – now he's ignoring me

Dear MizzB

*I met this guy in September and we exchanged numbers. The following day we met and had sex. After we had sex three times, he avoided me and doesn't take my calls. Now I'm madly in love with him.*

■ *Madly in Love*

Dear Madly in Love

Sex creates an emotional attachment that isn't easily broken. It's not clear

whether the two of you were actually dating or just met to have sex.

It seems the guy just wanted to have sex with you and nothing more.

You didn't clarify things at the beginning and that's why you find yourself feeling used and confused. Although it's painful, you need to face reality and accept that he is no longer a part of your life.

Difficulties teach us lessons so that we do things differently in future.