



# BE FREE WITH MIZZ B

ASK A  
loveLife  
COUNSELLOR



loveLife

## WHAT'S AGE GOT TO DO WITH IT?

So, what does a person's age have to do with a relationship? Everything! Firstly, if you are older than 16 years, it's illegal to have a sexual relationship with anyone below 15 years or else you can be charged with statutory rape. There are other issues to consider:

- If the age gap is too wide, you may feel under pressure to behave differently to please your partner. You should be yourself. Your partner needs to accept you for who you are and shouldn't try to change you.
- If your partner is way older than you, he may not treat you as an equal. No matter the

age difference, he/she should treat you as an equal without undermining you.

- If the age gap is too big, you may not be comfortable introducing him/her to your friends and family.
- With your partner being way older than you, you may feel afraid to differ with him/her. You should not feel scared to disagree with your partner and you must be free to talk about anything.
- When you date someone of your age, you're more likely to experience life and discover the world at your own pace and in your own terms.

## Be honest about your feelings

Dear MizzB

*I stay in Keiskammaoek and my girlfriend lives in Ginsberg. Her parents are very strict and the last time we saw each other was in April 2013. I miss her so much. I don't know what to do now.*

■ Broken-hearted

Dear Broken-hearted

Relationships are challenging and when they are long distance they can be

emotionally draining as well. Communication is the only way to keep a relationship going if you're unable to see each other as often as you'd like.

Talk to your girlfriend and ask her if she sees your relationship the same way as you do because the fact that you last saw each other over a year ago indicates there are lots of changes.

Be honest with her about your thoughts and feelings.

## He's in love with two women

Dear MizzB

*I'm 24 and my boyfriend is 31. His other girlfriend found out about us and came to Joburg to live with him. He says I should be patient and that he's going to leave her. Should I leave him or wait a little bit?*

■ In a Tight Spot

Dear In a Tight Spot

Honesty and openness are part of sustaining a healthy relationship. The guy was open to you about the other woman and made a promise that he's been unable to fulfil. People sometimes enjoy having more than one partner at a time. Consider your feelings and ask yourself if you'll be able to share a man, or if you would rather have an exclusive partner.

## I aborted my child, now I feel guilty

Dear MizzB

*I'm a 23-year-old student and my fiancé is 25. I was pregnant and we decided to abort the baby because we are financially unstable. Now I'm living with guilt. Is there any way I can stop feeling so miserable?*

■ Helplessly Devoted

Dear Helplessly Devoted

Sometimes tough decisions need to be made. It's common to feel guilty about the results of an action that wasn't intended to cause harm. Consider going for couple's counselling or send a Please Call Me to 083 323 1023 to speak to a counsellor.