



TEACH KIDS ABOUT SEXUAL ABUSE

Parents are the first people kids go to for refuge against any challenge they're experiencing. It's crucial to be aware and always take note of your children's behaviour, so you can better address their problems.

Very sadly, there are people within families who develop a weird sexual interest towards their siblings and other younger relatives.

Engaging in sexual activity with someone you are related to – either by blood or by law – is incest.

Some fathers, uncles, cousins and brothers take advantage of their siblings, step-children and other kids within the family and manipulate them into engaging in sexual activity.

In most instances, kids who've been sexually abused find it hard to open up about their terrible experiences because of fear, shame and other reasons. Having a close relationship

with your kids as a mother will open room for them to call for help whenever something inappropriate is being done to them.

Educate your kids about sexual abuse and inform them to tell you as soon as it happens. As a mom, you're a caregiver and nurturer and should put your kids' interests, needs and feelings first.

Pay attention to your child and show interest in everything they do – no matter how insignificant it may seem. This will help clarify any uncommon behaviour.

A mother who does everything in her power to protect her kids is more likely to spot changes easily and notice unusual acts in the early stages of sexual abuse.

Let's protect our future leaders from any form of pain and shower them with the love, care and attention they deserve.

Will I ever find love?

Dear MizzB

I'm 23 years old and have never had a girlfriend or experienced love. Now I'm ready to fall in love but I'm afraid that I might end up with someone who doesn't love me. I have low self-esteem and girls don't find me attractive.

■ Afraid

Dear Afraid

When starting a relationship, it's best to be honest with your partner about the

experience you believe you lack.

This may sound worrying as you may think she'll see you as less of a man.

People appreciate someone who is true to themselves. You can read books with guidelines on how to approach dating for the first time, but you need your partner's help to make it successful.

Dating is about instincts, so it's wise to just follow what your mind tells you to do. Don't rush things. Take each step as it comes. You're never too old to learn.

Am I wasting my time with him?

Dear MizzB

I'm 22 years old and I have been dating a 29-year-old guy for four years.

My problem is that he doesn't seem to care about me or our future. His friends come first. He's never romantic and doesn't treat me like his lady.

Now he says he can't live with me because I'm unemployed and can't contribute financially.

Am I wasting my time?

■ Reader

Dear Reader

A person's behaviour can only change when they're willing. When someone isn't willing to commit, no one can make them think otherwise. It sounds as if you and your boyfriend have different views on relationships and how partners should treat each other. This plays a great role in a relationship's success or failure.

If you have different goals and expectations to your partner, make the best decision for yourself.