



BE FREE WITH MIZZB

ASK A
loveLife
COUNSELLOR



loveLife

YOUTHS MUST KNOW THEIR ROOTS

On Thursday, we mark Heritage Day, where everyone is encouraged to celebrate our culture, beliefs and traditions in all their beauty and diversity.

South Africa is called a rainbow nation because of the wide range of different cultures.

It's important to teach young people the significance and relevance of their heritage. They will stand a better chance of getting actively involved in preserving it then.

Informing young people about various aspects of their heritage and providing them with the chance to experience it contributes to pride in knowing where they come from, who they are and what they stand for.

This contributes to nurturing their sense of self-worth and identity, which helps them lead a positive lifestyle and uplift the broader

community.

The older generation has a responsibility to impart their wisdom and knowledge regarding different aspects of culture, including their values, beliefs, traditional attire, language, customs and food.

The family should be a space where values become deeply rooted and grow into reference points for navigating a positive lifestyle. Indeed, these values should be passed from generation to generation.

In the family unit, we can do a lot to expose young people to various cultures in society. Through language, customs, songs, literature and art, young people not only get a better understanding of their own heritage, but also learn to embrace the cultures of so many others in our diverse nation.

He's stopped caring about us

Dear MizzB

I've been dating this guy for four years and we have a son together. But he's become distant and spends all his money with his friends and on booze.

I broke up with him and took him to the maintenance court. But now he wants me back. I love him, but he doesn't care about me or his son.

■ Anonymous

Dear Anonymous

Priorities are important in a relation-

ship and depend on a person's maturity level.

This mostly becomes clear when you see how a person behaves when he or she is faced with responsibility.

Remember, dating your boyfriend and letting him support the child financially are two different things.

If you take him back, you shouldn't stop addressing the maintenance issue. It's best to find out whether he wants you back to stop asking for child maintenance, or because he really wants to be with you.

My boyfriend has two wives

Dear MizzB

I'm 23 and a single mum of one child. I'm dating a 42-year-old man with two wives. I love him and he really cares for me but sometimes I don't get enough time to spend with him because of his wives. They don't know about me so he has to go home early. What should I do?

■ Concerned

Dear Concerned

Relationships have various dynamics that make being with a married man more

challenging. There are many reasons why he no longer spends enough time with you. He may now be more committed to his wives. When agreeing to date a married man, you're saying you're willing to be second or third best.

Complaining about him not spending time with you won't change the situation – he has responsibilities. You love him but maybe it's time for you to re-evaluate your values and do what's best for you. You have the power to choose the type of relationship you want to be in.