



BE FREE WITH MIZZB



STIs CAN BE TREATED

While sex is a way to show love and affection and can lead to beautiful, bouncing babies, it can also result in a sexually transmitted infection (STI) if you don't use condoms.

An STI is an infection that is passed from one person to another through having sex with someone who has an infection. It can also be transmitted through sharing needles in hypodermic syringes, blood transfusions and from mother to child during birth.

If you're sexually active and don't use a condom every time you have sex, you're at risk of contracting an STI. Your risk becomes very high when you have multiple partners or have sex without using a condom.

Common symptoms of STIs include lower abdominal pain or pain during sex, a burning sensation when urinating, a foul-smelling, yellow or greenish discharge, genital itching or discomfort and discharge from the penis.

You could have an STI and be asymptomatic, which means showing no signs or symptoms of having one. Even though you have no symptoms, you're still at risk of passing the infection onto your sex partners.

You can prevent STIs by using condoms every time you have sex or by abstaining from sex. Go to the clinic with your partner so you can be tested for STIs together.

Most STIs are curable and easy to treat.

I think of my girlfriend 24/7

Dear MizzB

I can't stop thinking about my girlfriend. I think this obsession is affecting my mind. Please help me because this is killing me.
■ Obsessed

solved issue that comes from a personal experiences. You could be obsessing about her because you believe she's the only one who can give you the security and love you're looking for.

Focus on other relationships like your friendships and learn to value yourself.

Find other activities to keep you busy.

Dear Obsessed

An obsession could be a sign of an unre-

WhatsApp with the silence?

Dear MizzB

I'm a 23-year-old woman and my boyfriend is also 23. We've dated for 10 months. He's being silent towards me. I called him last month but got no response. I sent him a WhatsApp message telling him how I miss him but he didn't answer.
■ Disappointed

Dear Disappointed

You tried reaching out to him without success. Strengthen relationships with your friends and family. Try not to cut yourself off from the rest of the world.

It's important to tell your boyfriend what you think of your relationship. Then make a decision about the future.

I'm in love with older women

Dear MizzB

I'm 27 and I love older women with all my heart, but my relationships with them don't last. When I move on with someone else, they come back. I have been hurt a lot in my life and I no longer have love. I don't have feelings for any woman.
■ Hurting

Dear Hurting

Don't let your past experiences in relationships affect how you feel about love. It's important to weigh up the pros and cons of dating an older woman. You need to be clear when you end a relationship. Whatever reasons a person gives after you've moved on, stick to your decision.



NEED HELP?

email: mizzb@lovelife.org.za or send a PLZ CALL ME to 083 323 1023 or Twitter: @loveLifeNGO / Facebook: www.facebook.com/loveLifeNGO, Website: www.lovelife.org.za/youth, loveLife Mxit at loveLifeMX

