



LOVELIFE GOES DIGITAL

DON'T MISS OUT – register for iloveLife. loveLife recently launched iloveLife, a cool and innovative digital platform to promote youth development and address HIV/Aids by using incentives to reward healthy behaviour. Young people spend hours on their cell-phones and often use them to access the internet, so the platform is sure to be a success. As a web-based software programme, iloveLife.mobi was developed to be accessible to everyone, not just people with smartphones. Those with access to the internet simply log onto iloveLife.mobi to create a profile and cell-phone users in remote areas can dial *120*2121# and follow the prompts. Using the site's different features earns users points. Points are awarded for setting up a profile, taking self-assessments and engaging in

interesting polls and quizzes, as well as reading and watching articles and videos on healthy lifestyle living. iloveLife also encourages users to complete "Keeping it Real" activities, such as attending loveLife events and festivals as well as visiting a clinic and taking HIV tests. These points give young people the chance to enter competitions and win great prizes, including airtime and vouchers to restaurants and clothing stores! Rewarding people for engaging in healthy behaviour has shown successful results in numerous studies worldwide. While iloveLife's main aim is to reduce risky sexual behaviour and HIV infections among youth, it is also designed to provide them with the knowledge they need to tackle the challenges they face.

My lover's pushing for a baby

Dear MizzB
My boyfriend is obsessed with us having a child, but I'm not ready for that. I'm still doing my first year at varsity. Now he's decided to become a sperm donor because he doesn't want to sleep with another woman. I'm afraid I might lose him forever.

■ *Desperate*

Dear Desperate
Having a child comes with responsibility and maturity. When someone feels they're ready to be a parent, there's nothing

you can do to change their viewpoint. Honesty is important in any relationship, so start by being open with him about not being ready to be a mum. This will enable you to honestly address all your issues. Your future is your responsibility. Think carefully about your choices as their consequences may be unpleasant. A child should never be used to secure a relationship. Your partner needs to respect your decision. Remember that as a sperm donor he'll never get to know who conceived his child.

Dad doesn't want to see his son

Dear MizzB
I hate my son's father with all my heart. He chooses not to be involved in his son's life. I've tried everything but he refuses. He's never even seen him. I want him out of our lives and hope my son will forgive me for this. I'm now dating someone who is good to my child, but I like him and don't love him.

■ *Needing Answers*

Dear Needing Answers
Anger can harm you more than the per-

son you're angry towards. It sounds as if you started your new relationship with unresolved feelings from your past partnership. It's common to start a new relationship after a break-up, hoping to forget unpleasant experiences. Although dating someone new after a break-up may seem like a remedy, it can cause more damage if you're not ready. Give yourself time to heal for the sake of your health and sanity.

NEED HELP?
email: mizzb@lovelife.org.za
or send a **PLZ CALL ME** to 083 323 1023 or Twitter: @loveLifeNGC
/Facebook: www.facebook.com/loveLifeNGO,
Website: www.lovelife.org.za/youth