



BE FREE WITH MIZZB



Trafficking: watch out for false jobs!

As South Africans, we tend to view slavery as something that happens in far away places and that can't happen to us. This is a gross miscalculation! Slavery is happening right under our noses through human trafficking.

Often, women fall into the horrific trap of being trafficked after believing false offers of employment. In some cases, women accept what they think are appropriate jobs only to find that they've been tricked into becoming prostitutes and sex slaves in sleazy brothels.

Our tough economic climate has left large numbers of youth unemployed and desperate, which results in them trying to find jobs in any way. In looking for employment, they turn to job adverts in newspapers, the internet and social media. But not all jobs on these platforms are legitimate. In a climate of desperation, some unconsciously suppress their natural instincts which act as protection and the mind's

“alert system,” in cases of possible danger. When you see an advert for employment or if someone offers you a job, it's important that you authenticate the position before going to the interview.

You can find out the legitimacy of a business by using their landline and checking their website. It's also a good idea to call the company and ask any questions you may have. When going for job interviews, tell people you trust where the interview will be. If an interview is outside of normal working hours and if you're being hired without a proper interview process, the job probably isn't legitimate. Another issue that should raise the alarm is the salary being too good to be true or being told that you need to pay a fee so you can get the job. Never become so desperate that you don't follow your instincts – they could save your life and protect you from a whole lot of pain and misery.

He's HIV-positive, we want kids

Dear MizzB

We've been together for four years. Shortly after we met my boyfriend told me he's HIV positive. I'm HIV negative and we use condoms. His uncles came to pay lobola and he would be very happy if I fell pregnant. I also want us to have children.

■ Desperate

Dear Desperate

In your situation, it's normal to feel anxious. But don't despair. It's possible to have children with a HIV-positive part-

ner and remain HIV negative through a process called sperm washing which is done at specified clinics.

Your health practitioner will explain the different options available to help you conceive without being infected.

You have both managed to have a great relationship because you have laid a strong foundation of honesty, openness and support.

Communicate your feelings and fears with your partner so you can find solutions together that suit both of you.

I have a problem with having sex

Dear MizzB

I'm sexually active, but I try to abstain from sex. I can go without sex for more than a year.

Whenever I have sex I feel guilty, like I've done something bad.

I have a problem with having sex. But kissing is ok.

I feel like I should never see the person I've had sex with. Do I have a disorder? Are there others who feel like this?

■ Looking for Answers

Dear Looking for Answers

Some people don't enjoy having sex and it's normal to feel that way.

However, there are many factors that can influence how you understand and relate to intimacy and sexuality. It's advisable that you chat with a counsellor to further explore the issue if this becomes a problem in your relationship.