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Relationship tips for girls

be Kind

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- **Be honest.** If you want your guy to be honest with you, be honest with him. Don't withhold information to prevent him getting hurt or angry.

- **Be kind.** This means a lot of things, including being kind and understanding if your guy makes a mistake. Do nice things for him and treat him with dignity and respect.

- **Be loving.** Give him a big hug or a kiss now and then. Or do something special for him just because you want to.

- **Be loyal.** We don't want guys to cheat on us, so we shouldn't cheat on them. It works both ways. Don't criticise him behind his back.

- **Listen to him.** If you want to be that person your man goes to when he needs to talk, show him that he can tell you anything by being a good listener.

- **Boost his ego.** This is the same as complimenting him. Tell him he looks great and that you appreciate him in your life.

- **Stand by each other in bad times** and above all, be kind.

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Love yourself - find your own joy

What to do if your partner is cheating on you?

Cheaters can break your heart!

If someone loves you, he or she would respect you enough to take care of what you have. If you stay in a relationship where someone is treating you badly, you may be sending a message to them that you think what they are doing is okay. It's not! Their cheating behaviour makes you feel bad and it puts your health at risk.

The best thing to do is move on. Reach out to friends and family who love and care for you. You deserve to be treated with love, care and respect. Love yourself enough to claim it!

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It's cool to be single! You get time to work on building a relationship with yourself! By the time you meet the partner of your dreams you'll be a self-loving person who doesn't need someone else to make you feel whole. Here are some ways to learn to love you!

- **There is nobody quite like you!** You're unique with your very own strengths and weakness. Don't compare yourself to other people or celebrities. You can't be somebody you're not. Love yourself for who you are.

- **Let go of the past!** Mistakes are lessons to learn from. Holding on to regrets can make you a bitter person, so forgive yourself and others and move on.

- **Say no to negative thoughts.** Practice positive thinking even when things aren't going well. Write a gratitude list and add to it often. E.g: I'm grateful for my strong, healthy body, my pretty eyes, the blue sky... if you look you can find a lot to feel grateful for.

- **Appreciate your healthy body and treat yourself well.** Exercise and eat healthily. You may not be a model but you can love what you have and treat yourself well.

- **Get active.** Move and eat right. Socialise with friends.

- **Be your own best friend.** Treat yourself kindly and with respect. Make choices that feel good for you.

- **Don't obsess about being in a relationship.** There is nothing wrong with single. Being independent can make you feel good and confident.

- **Be content with yourself.** You are perfect as you are.

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LOVE AND RELATIONSHIPS

me you & love

LOVE & RELATIONSHIPS



Most young people want to be in a love relationship. But relationships can be tricky! Things can go well at first and then things can change. Perhaps you're being treated badly or your partner doesn't seem to appreciate you. Perhaps you suspect your partner is cheating. How do you know whether your relationship is good for you or not?

What is a healthy relationship?

You know you are in a healthy relationship when:

- your partner loves you for who you are
- your partner treats you with love and respect
- you communicate openly and honestly with each other
- you feel that special caring connection and you only want the best for each other
- You are kind and loving towards each other.

Signs of an unhealthy relationship

You may be in an unhealthy relationship if:

- you feel you can't be yourself
- your partner lies to you or manipulates you
- your partner uses physical or emotional abuse or is violent towards you
- you are being pressured to do things you're not comfortable with.

1

Sugar daddies/Blessers

Sugar daddies, also called blessers, are usually older men who date young girls in exchange for showering them with gifts, money, cell phones, security or status. They can be 5 years, 10 years or even 20 years older than the girl they are 'blessing'!

Blessers often date girls in exchange for sex, and this puts the girl at risk of contracting HIV or sexually transmitted infections. **40% of young women infected by HIV were infected by a man much older than them. That's a very high percentage!** Protect yourself and stay away from sugar daddies and blessers!

2

Can I get out of the relationship?

You can, and probably should walk away from this kind of relationship. A blesser is in a position of power over you because he has more money and he is using it to control you to do what he wants. He might give you gifts of cell phones and money but it will be at expense of your body and self-esteem. Walk away!

3

I am not working and my parents don't give me money, is it wrong to date a Sugar daddy?

Yes. Sugar daddies may pressure you to have unsafe sex, thus putting you at a higher risk of contracting STIs including HIV. You could also fall pregnant. **It is important to put your future first and be your own 'blesser' in life. Respect yourself enough to say no to sugar daddies and be the maker of your own destiny.**

Sugar daddies often have wives and a family and are more than likely to leave you if you fall pregnant or get into trouble. **They may make all sorts of promises just to get what they want!**

So, be strong and surround yourself with people that love and care for you such as friends and family. You deserve a healthy relationship and a healthy life! **Do things you enjoy, like playing sports, creating artwork and working on your goals. Do these things more often, and take charge of your own life. Be your own blesser!**

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Relationship tips for boys

be kind

- **Communicate openly about issues and ideas.** Share your hopes, fears, and crazy ideas.
- **Listen and show interest!** Ask questions and listen to her carefully. If you've been talking for 2-3 minutes straight, slow down and ask her a question. 50% of conversation is listening.
- **Compliment her!** But only if you mean it! Notice her laugh, or her hair, or even a something she does. eg: - **you are doing so well in school - I really admire you!**
- **Be a shoulder to cry on.** Let her vent! You don't need to find a solution for her. Just be supportive and listen. She'll feel much better when she feels she's been heard.
- **Don't treat her like a guy friend.** Take her on a special date. Let her know she's on your mind and send a loving sms once a day. Write her a letter or poem on paper.
- **Don't ever force her to do something she doesn't want to.**
- **Be kind to her and her family and friends.**

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