Relationship tips for girls

• 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 hug or 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.

• Be content with yourself. You are perfect as you are.

Love yourself - find your own joy

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!

What to do if your partner is cheating on you?

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 yourself:

• There is nobody quite like you! You’re unique with your very own strengths and weaknesses. 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 you are trying to fix from your past.

• Holding on to regrets can make you a bitter person, so forgive yourself and others.

• 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 it well.

• Get active. Move and find new friends. Socialise with friends.

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

• Be content with yourself. You are perfect as you are.
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.

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!

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!

Relationship tips for boys

1. Communicate openly and honestly.
2. Learn and show interest! Ask questions and listen to her carefully.
3. 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.
4. 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.
5. Don’t ever force her to do something she doesn’t want to.
6. Be kind to her and her family and friends.

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

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

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Sugar daddies/Blessers

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Be kind to her and her family and friends.

So, be strong and surround yourself with people that love and care for you such as friends and family. Respect yourself enough to say no to sugar daddies and be the maker of your own destiny.

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Sugar daddies may pressure you to have unsafe sex, that puts 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.

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