# Grade 8



Life Orientation



# A reminder:

No matter what you have done in LO before, from now on LO will be taken seriously and treated as an academic subject at this school.



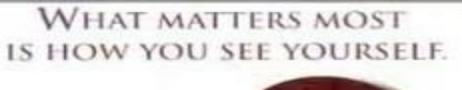
### Easiest distinction but also easiest bomb out:

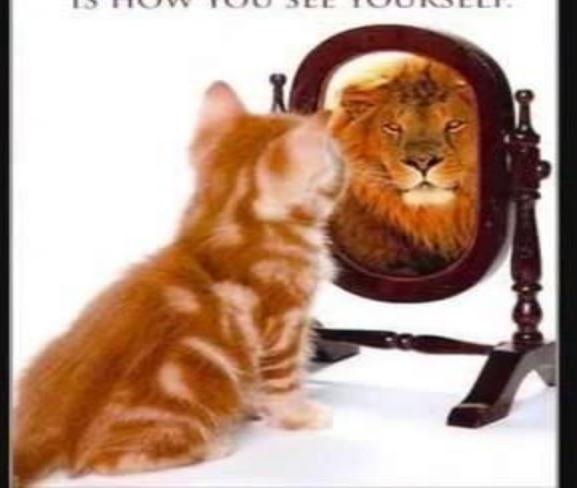
- Unlike your other subjects where the final exam counts most, each term of LO counts the same. This means that constant hard work and dedication has to be given to each term.
- 2. People feel that LO simply general knowledge- it is not and besides if it were just general knowledge, then your general knowledge isn't that great at all.
- 3. Learners do not see the academic importance of LO and you may have heard via via that it will not exist as a subject. Well, it is here to stay for now and it does count towards your APS (for some institutions)- even if it is only slightly. Furthermore some courses require that learners have achieved at least 60% for LO.
- 4. The work may seem simple for some of you and it may be a repeat of what you have been taught at home. The reality, however, is that not everyone has a stable home life and (believe it or not) some learners will be hearing this stuff for the first time in their lives.

### Homework

Design a profile page (for any social media platform) for your front page of your work book telling us exactly who you are & what you want to achieve.







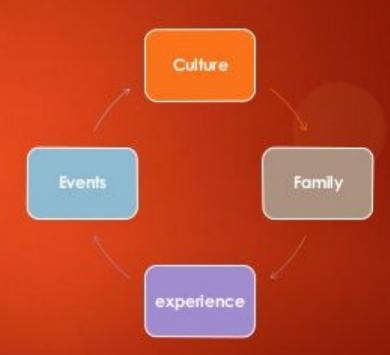
# Self-concept



### The Formation of Self-Concept

#### It's development is influenced by

- The culture in which we live
- The family in which we are born
- The experience that we have
- The events that befall us

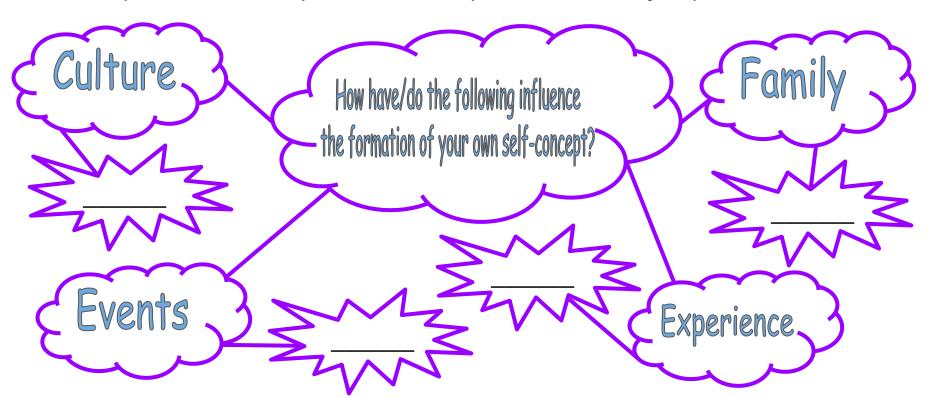


### **Self-concept:**

Write the date.

#### Concepts:

Self-concept formation - complete the mind map below as honestly as possible:



# Difference between Self-Concept and Self- Esteem

### Self-Concept

Self -Esteem

Self-concept is the description of a person. Description of his or her attributes or roles.

Example: I am short. I have dark hair. I am a student.

Self–Esteem is how the person feels or thinks about those descriptions.

Example: I think being taller would be better. I think my hair should be light because all the female stars have light hair. I am a good student.



Stop comparing yourself to others



Compliment yourself regularly



Exercise consistantly



Simply Smile



Focus on your accomplishments



Get the support you need to succeed

How to improve your own self-esteem, self-concept, self-confidence and self-image:



Make a list of all your positive qualities



Eat better



Explore a passion









https://www.fabhow.com/how-to-practise-positive-self-talk.html

### Self-concept influences: Write the date.

3)

1) Now write down 5 ways you are going to start motivating yourself in life.

Then on a separate piece of paper, write down 5 positive things about the person next to you.

Tell them that you will only give them your piece of paper if they can say 1 good thing about themselves.

4) Trade papers and be encouraged!:)

### <u>Page Reference: 1-3; 8-10; 14-15</u> <u>Exam Practice: Activity 2.1 on pg11</u>



## Recap Question 2

Give 3 main influences of self-concept formation.

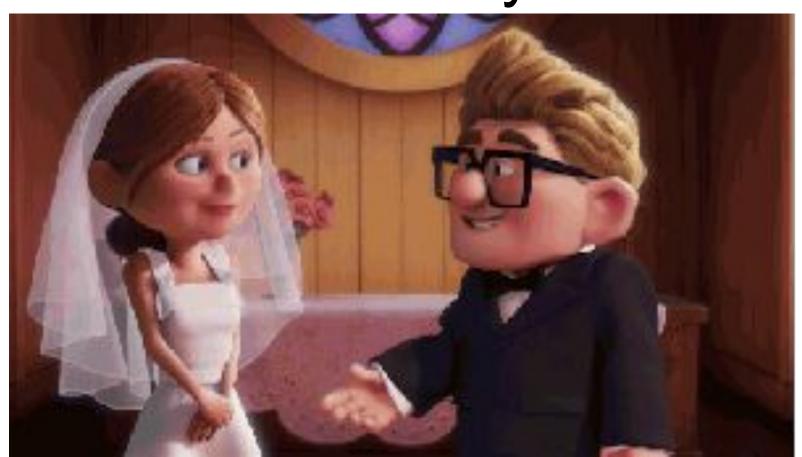


# Recap Question

Discuss the answer as a class:



# Sexuality



#### **Sexuality:**

Write the date. Then complete the following Google Form as openly and honestly as possible. The form is anonymous.

https://docs.google.com/forms/d/e/1FAIpQLScrUmgj47B216x-BfyKPqS6CvEMDfbJlgF3eVFVvR\_q

<u>tPM2Tw/viewform?usp=sf\_link</u>



Once you have completed the form, click to view previous responses and have a class discussion.

Page Reference: 19-20; 24-26; 30 Exam Practice: Activity 1.1 on pg 21



## Recap Question 3.1

What is the difference between sex and sexuality?



# Recap Question

Discuss the answer as a class:





# Relationships



### **Relationships:**

Write the date.





https://www.elitereaders.com/6-funny-comics-showing-difference-lust-love/

Answer the following questions in your book. Think carefully:

- 1) Are you currently in any type of relationship?
- 2) Do you have to date someone in order to get to know them?
- 3) What is your end goal in a dating relationship? Should it be that?
- 4) How do you know you are in a relationship; that is, what makes it a relationship?
- 5) Are relationships important and why?
- 6) Look at the next slide. Did you think about the relationships it mentions? Have a class discussion around these relationships and write down important points.

#### Page Reference: 35-36; 40; 44 Exam Practice: Activity 3.1 pg 45

Boss

Coworkers

Mentor

Relationships that shape your life the most

God

Family

Spouse

Friends

https://agileleanlife.com/healthy-relationships/



## Recap Question 3

Name three types of relationships you are personally a part of.



# Recap Question

Discuss the answer as a class:

Why is knowing your learning style It makes will bearning nger sterrier

# Learning styles



### **Learning styles:**

Write the date.

#### <u>Different learning styles:</u>

#### Identify and apply own learning style:

Have you ever wondered why your friend can study for 20 minutes and get 80%, when you have studied for 3 hours are hardly pass?

If this is the case then more than likely you are not actually studying correctly and are not studying according to your learning style. You may also have multiple learning styles.

The next few slides (which your teacher will go through very briefly, so perhaps take photos of the ones that appeal to you) have been taken from <a href="https://www.slideshare.net/TAMUWC/learning-styles-2014055">https://www.slideshare.net/TAMUWC/learning-styles-2014055</a> and may prove useful in you determining your learning style, which in turn can change the way you study and ultimately get you the marks you so desire. Remember, however, you still actually have to study!!! :)

### Page Reference: 51-53; 57-59 Exam Practice: Activity 1.1 pg 53

### Basic Learning Styles

- Social: Learning in groups and by working collaboratively
- Solitary: Learning independently and introspectively
- Visual/Spatial: Learning through seeing
- Verbal/Linguistic: Learning through hearing

- Logical/Mathematical: Learning through numbers
- Physical/Kinesthetic: Learning through moving, doing, and touching
- Aural/Musical: Learning through music



### Social Learners

- Get along well with others, are empathetic, listen and communicate well
- Learn from bouncing ideas off others
- Like working in groups or on teams
- Like individual attention from a teacher or tutor



### Solitary Learners

- Like to work independently
- Tend to be reflective and introspective, especially about their own thought processes
- Have good concentration and prefer a quiet learning environment









### Learners with Visual/Spatial Style

- Need to create vivid mental images to retain information
- Enjoy looking at maps, charts, pictures, videos, and movies

**Skills**: puzzle building, reading, writing, understanding charts and graphs, a good sense of direction, sketching, painting, creating visual metaphors and analogies (perhaps through the visual arts), manipulating images, constructing, fixing, designing practical objects, and interpreting visual images



### Learners with Verbal/Linguistic Style

- Have highly developed auditory skills and are generally elegant speakers
- Think in words rather than pictures

**Skills:** listening, speaking, writing, story telling, explaining, teaching, using humor, understanding the syntax and meaning of words, remembering information, arguing their point of view, and analyzing language usage



# Learners with Logical/Mathematical Style

- · Think conceptually in logical and numerical patterns
- Ask lots of questions and like to do experiments

**Skills**: problem solving, classifying and categorizing information, working with abstract concepts to figure out the relationship of each to the other, handling long chains of reason to make logical progressions, doing controlled experiments, questioning and wondering about natural events, performing complex mathematical calculations, and working with geometric shapes











# Learners with Physical/Kinesthetic Style

- · Express themselves through movement
- Have good sense of balance and eye-hand coordination
- Remember and process information through interacting with the space around them

**Skills**: physical coordination, athletic ability, hands on experimentation, using body language, crafts, acting, miming, using their hands to create or build, dancing, and expressing emotions through the body



#### Learners with Auditory/Musical Style

- Think in sounds, rhythms, and patterns
- Immediately respond to music, either appreciating or criticizing what they hear
- Are extremely sensitive to environmental sounds

**Skills**: singing, whistling, playing musical instruments, recognizing tonal patterns, composing music, remembering melodies, and understanding the structure and rhythm of music



Now for you to do an online assessment to determine which learning style you are most suited to. Once you have completed the assessment, do as much research as possible as to what the best ways of studying are for your learning style.

Apply this and you should be on your way to success!

http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml





What is *your* main learning style?



Discuss the answer as a class:



## Careers



Careers: <a href="https://www.iofficecorp.com/blog/six-personality-types-how-they-impact-your-career-choice">https://www.iofficecorp.com/blog/six-personality-types-how-they-impact-your-career-choice</a>
<a href="https://www.iofficecorp.com/blog/six-personality-types-how-they-impact-your-career-choic

#### Six career categories:

- a) investigative
- b) enterprisingc) realistic
- d) artistic
- e) conventional
- f) social.



Get into groups of 3-6. Now create a single Google Doc which you will all collaborate on together. You need to answer the following questions for each of the six career categories:

- 1) Explain the personality type that goes with each career category.
- 2) Give 5 example careers for each category.
- 3) Write down any other interesting facts per career category.

You may find the above link/QR Code useful in your research.

Once you have a better understanding of the six career categories, complete the following two assessments individually to see what type of personality you are.

This will help you gain a better understanding of the careers best suited to you and your personality type. Remember that these tests are not set in stone and the career you most desire may not fall into your personality type- this doesn't mean you can't do that career; it just means that your personality type may not be a common fit for that career.



Page Reference: 62-63; 66-69 Exam Practice: Activity 3.1 pg 69



Name 2 of the 6 career categories.



Discuss the answer as a class:





### South African career needs



#### South African career needs:

Write the date.

The role of work in relation to needs in South Africa: social needs and economic needs.

When choosing a career, it is extremely important that you find careers that are needed and not careers that are oversaturated. Do find out this info go to:

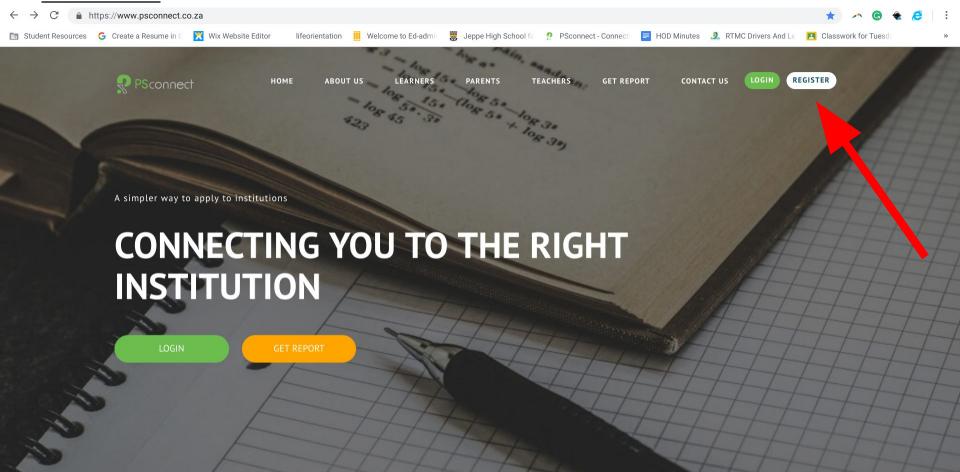
www.psconnect.co.za



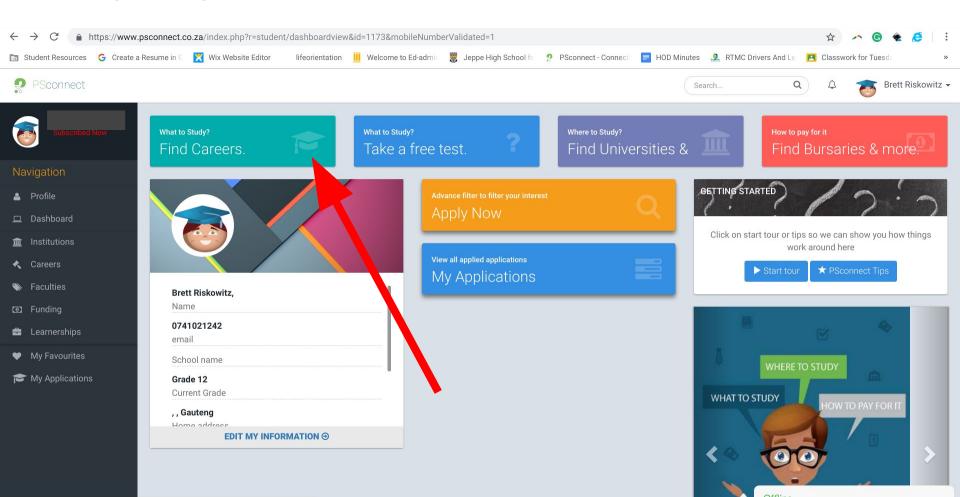
Page Reference: 72; 76-77

Exam Practice: Activity 4.1 pg 73

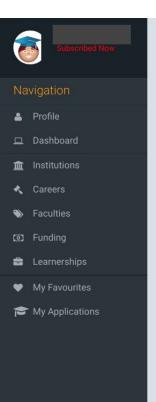
If you have never registered with PSconnect then do so now (It is for FREE!) you have 10 minutes:

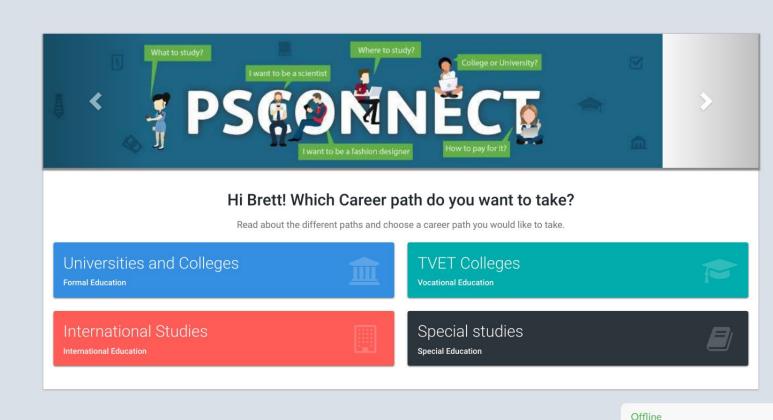


#### Now log in and go to "Find Careers":

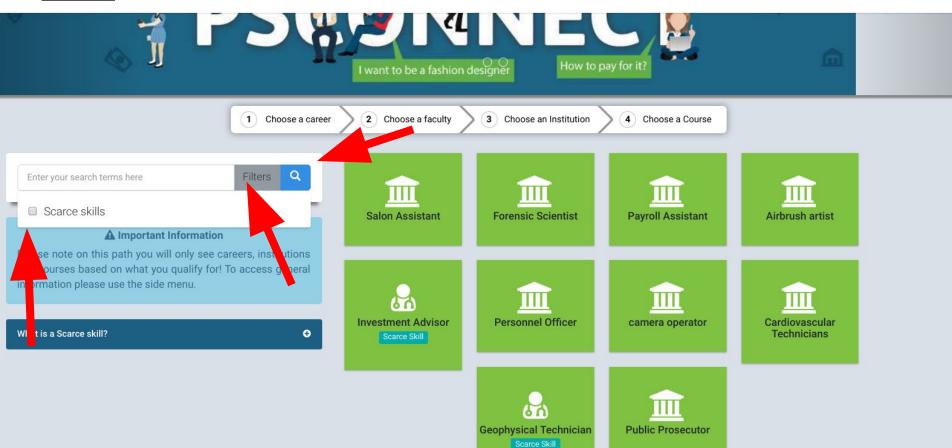


#### Now choose your prefered type of study:

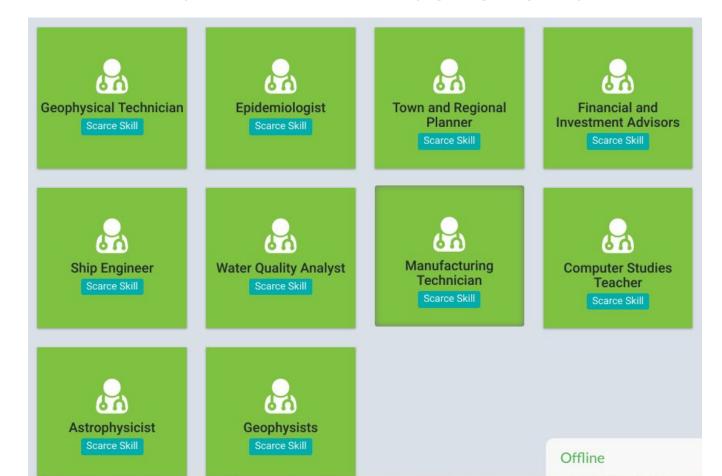




Click the filter button and then check the "scarce skill" box. Then click the search button:



### Then research 5 careers that are a "scarce skill" (meaning that there is a demand for them in South Africa and you are more than likely going to get a job). Then focus on 1.





Name 2 jobs that are in high demand in South Africa.



Discuss the answer as a class:



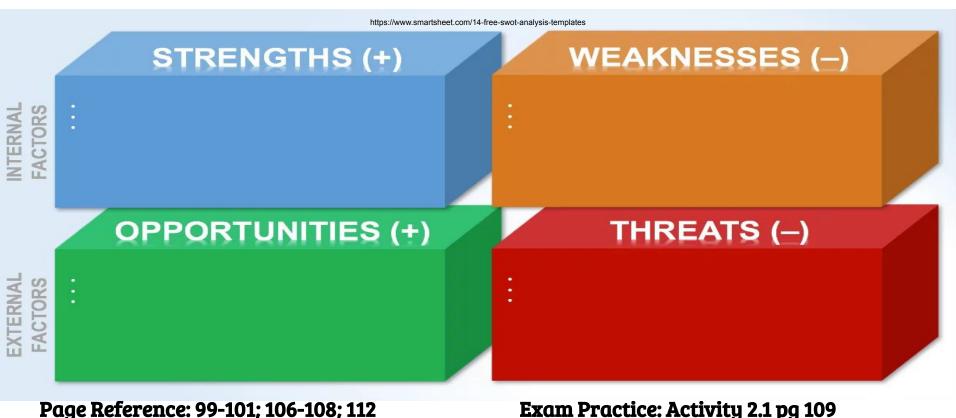
### Abilities and interests



#### **Abilities and interests:**

Write the date and complete the following SWOT analysis about your school subject abilities:

Relationship between performance in school subjects and interests and abilities:

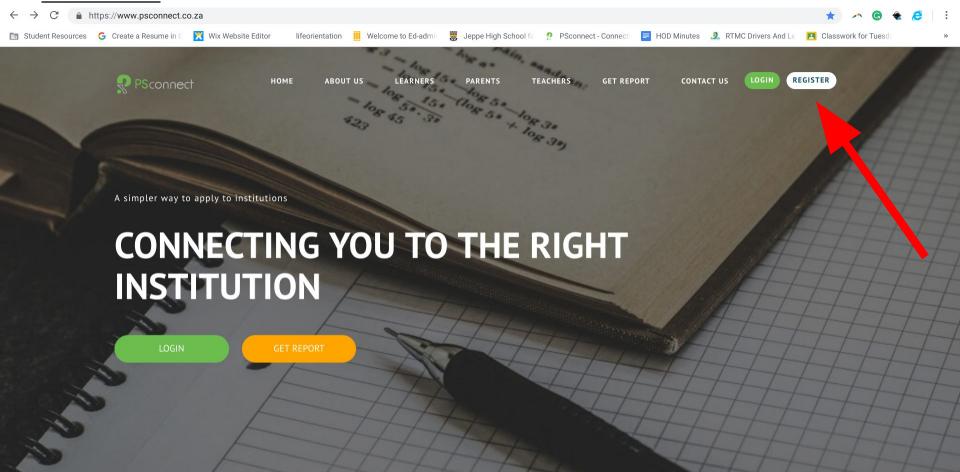


Use your phones and log on to <u>www.psconnect.co.za</u> or use the following QR Code:

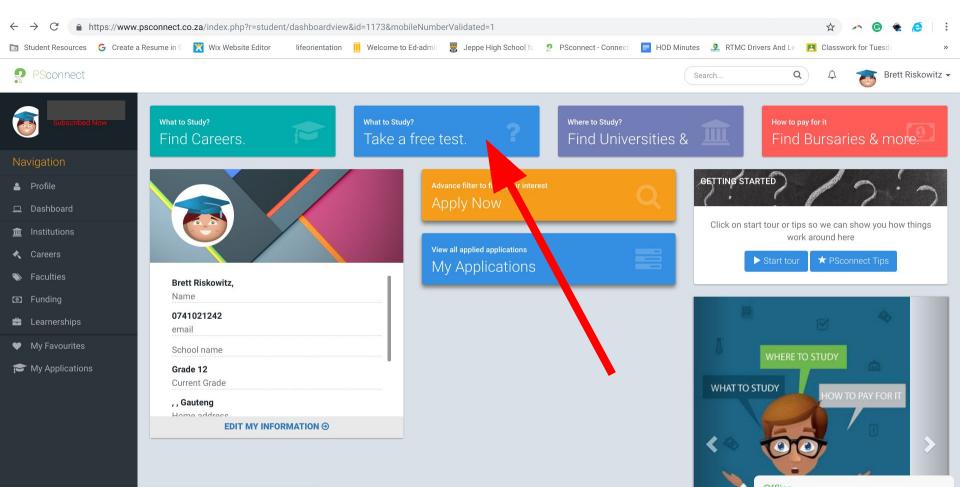


You are going to spend more time on PSconnect now. You will be completing a careers test. With those results start look for your dream career (look at 3 different ones). From this information you should be able to determine what your subject choices for next year should be. As an example, remember if you are not particularly good at Maths and your 3 favourite careers do not require Maths, then why do Maths and make life difficult for yourself?

If you have never registered with PSconnect then do so now (It is for FREE!) you have 10 minutes:



#### Now log in and complete the free careers test. You have 15 minutes to complete this:





How can your abilities and interests assist in your work?



Discuss the answer as a class:

### Substance abuse



#### **Substance abuse:**

Write the date.

Listen to our guest speaker and take extensive notes on the following topics:

Social factors that contribute to substance abuse

#### Substance abuse

- a) long-term consequences
- b) short-term consequences.

Rehabilitation

Page Reference: 81-82; 88-89 Exam Practice: Activity 1.1 pg 85

Page Reference: 90-91; 94-95 Exam Practice: Activity 3.1 pg 95



Name 1 longand 1 short-term consequence of substance abuse.



Discuss the answer as a class:



### Environmental health





### TURN IT OFF

Help the holiday park to save water by using taps and showers sensibly. Try and us washing machines and dishwashers when you have full load.

### REDUCE WASTE

Help reduce greenhouse emissions by by separating your waste and recycle as much as you can. You'll find recycling points around the park.





### SAVE ENERGY

Help us save energy by turning off the lights in your holiday accommodation when you leave the room and using heating equipment sensibly. .

### TRAVEL GREEN

If a large group of you are going on holiday together try car sharing which leads to less air pollution. There is also local public transport you can use to explore the area.





## RECORD WILDLIFE

Use our Nature Detectives checklist and record all of the wildlife you find around the park. You can also record this information online at www.orks.org.uk.

### CREATING HABITATS

We have created natural habitats for animals, bug hotels, bat and bird boxes, bee B&B's and much more. You can take our instructions home and make your own.



https://www.johnfowlerholidays.com/infographic/6-ways-care-environment-holiday

## **Environmental health:**

Write the date.

Environmental health issues: (application of laws and policies to protect the environment)

Get into groups of 3-5. You need to design a campaign (you may collaborate on a single Google Doc or Slides). You will need to research one environmental law in our country and establish how your group can inspire the school to practically apply that law.

Use the Earth Day (which is celebrated on the 22nd of April each year) poster and campaign example on the next slide.

You will need to design posters and a plan of action. You have 30 minutes. Have fun! :)

<u>Page Reference: 118; 124-125; 128</u> <u>Ex</u>

**Exam Practice: Activity 1.1 pg 121** 



## SAT. APRIL 22 EARTH DAY CELEBRATION

## Free Community event

E-waste recycling \* Ladybug and Butterfly release \* Community gardening for kids and adults \* Ceramics \* Earth day photography and professional art exhibit \* Kids art exhibit \* Come make recycled crafts \* pet adoptions \* petting zoo \* toddler play center \* inflatable obstacle course and jumpy \* Food will be available for purchase (BBQ corn and hotdog meals)

## Earth Day Celebration

Bring your friends and family!

## FREE!

Kids arts and crafts

Inflatable bounce houses

CHILDREN'S CHOICE
PARTNERING WITH
U.M. CHAPEL OF THE
VALLEY

1465 E. Madison Ave. El Cajon, 92019

619-457-0381

childrenschoicepreschool.com

Sat. April 22nd / 10 - 2 pm

http://www.ranchosdcommunitynetwork.com/events/earth-day-childrens-choice-preschool/



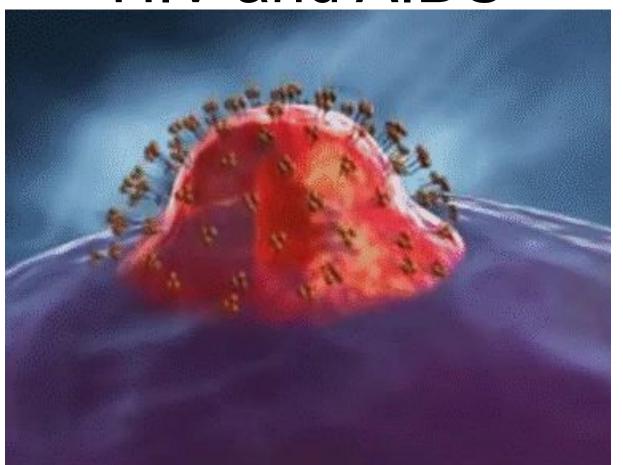
Name 1 law that protects the environment.

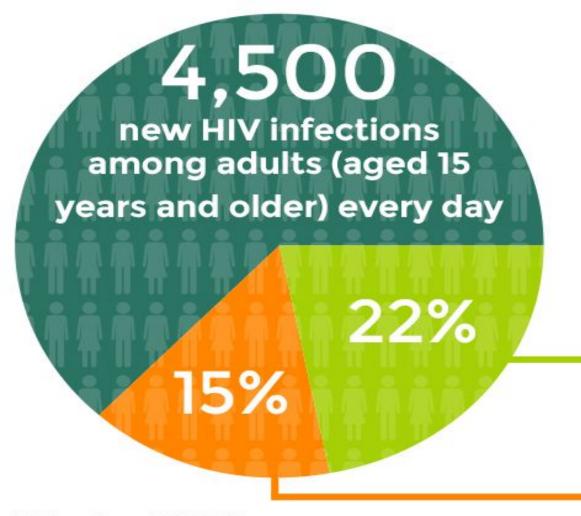


Discuss the answer as a class:



# HIV and AIDS





37%

Among young people (aged 15-24 years)



Among young women (15-24 years)



Among young men (15-24 years) Adolescents...

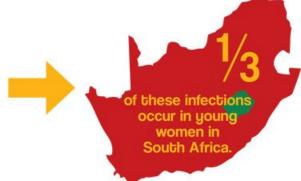
the only age group in which deaths due to AIDS are not decreasing.

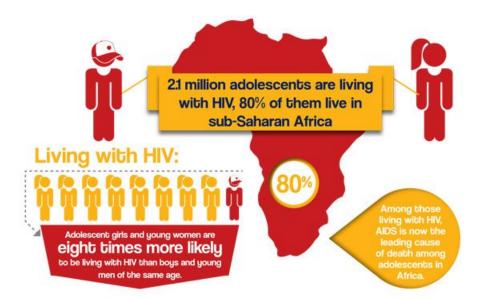
According to UNAIDS estimates





adolescent girls and young women are infected with HIV in eastern and southern Africa







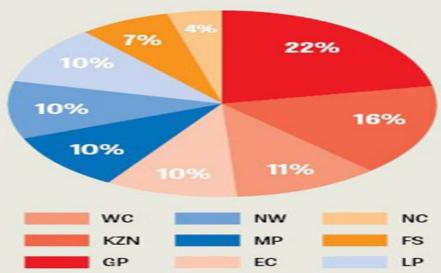
### Sex workers living with HIV

- 60% of sex workers are estimated to be living with HIV.
- This highlights the need to adopt a national HIV programme catering to the needs of sex workers.





### Provincial distribution





#### WHAT IS HIV / AIDS?

HIV stands for Human Immunodeficiency Virus. Without treatment, HIV causes Acquired Immune Deficiency Syndrome (AIDS).



#### WHAT ARE ARVS?

Antiretroviral drugs (ARVs) suppress replication of the virus (HIV). This restores your immune system to function normally.



#### CAN I TAKE A BREAK FROM MY ARVS?

No. If side effects are unbearable, visit your treating doctor to discuss options.



#### **HOW IS HIV TRANSMITTED?**

Semen, vaginal and rectal fluids, blood and open mouth sores of people infected, as well as breast milk can all carry HIV.



### WHAT IS HIV STATUS & COUNSELLING?

You can visit a community clinic, your doctor or a pharmacy to get counselling about HIV. Your status reflects whether you are positive or negative.



#### WHAT HAPPENS IF I'M POSITIVE?

Antiretroviral drugs (ARVs) are recommended. See your doctor to discuss an appropriate option for you.



#### WHERE CAN I GET TESTED?

You can visit a community clinic, go to a doctor or to a pharmacy to get tested.



#### WHAT ARE MY RIGHTS?

You don't have to disclose your HIV status in South Africa. But, always consider telling people whenever there's a high risk of passing on infection.



#### WHAT ELSE CAN I DO?

Live your life to the fullest by having a positive attitude, doing regular testing, taking your medication and eating good nutrition.

## **HIV and AIDS:**

Write the date.

Informed, responsible decision-making about health and safety: HIV and AIDS.

- 1) Use the previous Infographic slides and discuss as a class why you think South Africa has the highest AIDS and HIV rate in the world.
- 2) What important decisions and lifestyle changes can you make in your own life to avoid HIV and AIDS.
- 3) How should you treat someone who is infected?

### THEN...

Download the life game called **Choma** (Google search to find it) and see how long you avoid getting HIV (in the game for). You can play it for the remainder of the lesson.

<u>Page Reference: 133-136; 140-141</u>

**Exam Practice: Activity 2.2 pg 141** 



1) What does HIV stand for?

2) What does HIV stand for?

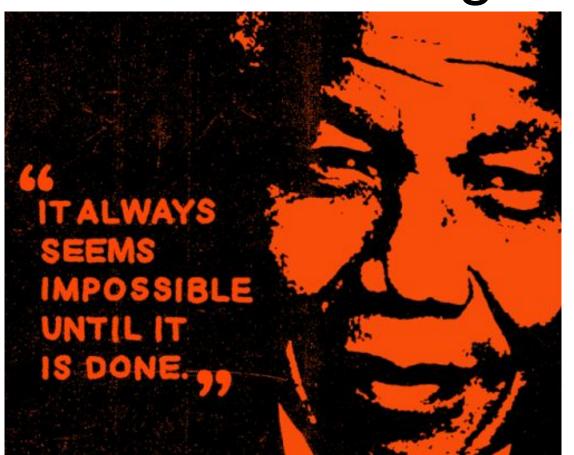


Discuss the answer as a class:





# Nation building



## **Nation building:**

Write the date.

Today you are going to redraw and fill in this table with someone next to you. Think critically and don't be scared to learn something new and valuable:

Nation Building contributors in S.A	How?	When?	Why?	Result for the future of our country?
Man				
Woman				
Event				

The following slide includes some detailed ways of nation building in South Africa.

Page Reference: 146-149 Exam Practice: Activity 1.1 pg 149

Page Reference: 152-155 Exam Practice: Activity 2.1 pg 155









Biodiver range o fuel, c suppor reducing

Biodiversity and healthy ecosystems provide a range of benefits, such as building material, fuel, clean water and food, in the process supporting and diversifying livelihoods and reducing poverty. While we all benefit from it, it is the rural poor who the most directly dependent on biodiversity for their basic

of ecosystems has the potential to generate substantial numbers of long-term jobs, especially in rural areas. In the process skills can be improved. Since women frequently bear the burden of degraded environment, gender sensitive investments will also contribute to improving their living conditions.

Investing in the rehabilitation and management





Protecting biodiversity and healthy ecosystems in marine and terrestrial environments underpins the delivery of

ecosystem services to society.

needs.

Ecological infrastructure has the potential to supplement, sustain and, in some cases, substitute built infrastructure. Ecological infrastructure plays a key role in disaster risk reduction, thereby increasing the sustainability of settlements and infrastructure and securing capital investments in cities. This also serves as climate change adaptation.









## Recap Quest. 10

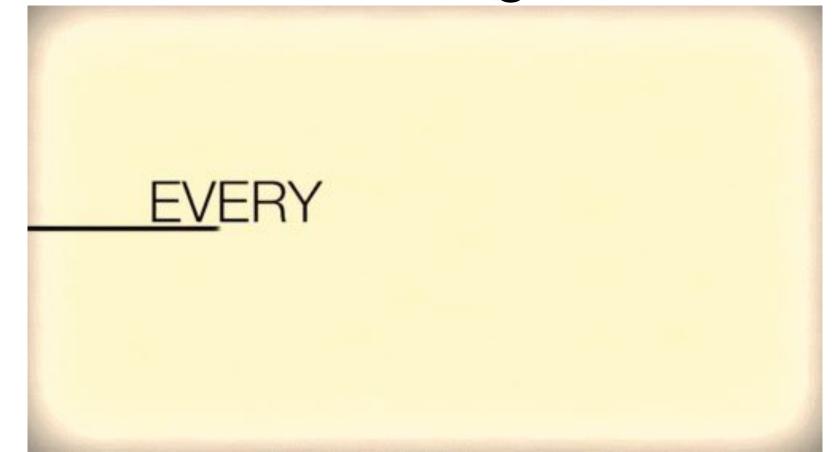
Name 3 famous people who have contributed to nation building in South Africa.



Discuss the answer as a class:



# Human rights





## **Human rights:**

On a loose piece of paper:

Write down 3 things that you are thinking about this woman.

(You can write anything).

Then fold your paper and throw it into a bag your teacher has.

Now write down in your books if you feel you were honouring of the woman or if you think you spoke about her in a way she would not appreciate.

Do you feel you have violated her human rights?

Then...

With everything inside of you, pretend that the woman in the picture is your sister, your mom or your cousin. Take a folded piece of paper from the bag and read what someone is thinking about your sister, your mom or your cousin.

Then answer the following questions on the next slide:

## **Human rights:**

Write the date.

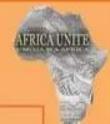
Concepts: (Google or search your textbooks for definitions of the the following three concepts. Write them in your workbook)

- a) human rights violations
- b) gender equity
- c) gender-based violence.
- 1. How did the sister/mother/cousin exercise make you feel?
- 2. Do you think that women easily have their rights violated simply by being women?
- 3. How can you change your view of women to ensure you do not violate their rights?
- 4. How can we achieve greater gender-equity in: a) the workplace; b) sport; and c) society in general?
- 5. How does people's views of women cause gender-based violence?
- 6. Do you think you violate other people's rights?
- 7. What can you do to stop this?
- 8. Have you seen other people violating people's rights?
- 9. What can you do to stop them?

<u>Page Reference: 161-165</u> <u>Exam Practice: Activity 1.1 pg 165</u>

<u>Page Reference: 168; 172-174; 178-179</u> <u>Exam Practice: Activity 3.1 pg 175</u>

## FIGURES ON RAPE AND ATTACKS ON WOMEN AND CHILDREN IN SOUTH AFRICA



SA has the highest number of sexual violence cases in the world



women were killed in May 2017 in South-Africa

violence cases were reported in 2016 woman is killed every 8 hours

attacked daily by their boyfriends

500,000 people are raped every year

children are raped every day

of SA girls

of SA boys

will be sexually abused before they turn 18



## Recap Quest. 11

What is 'gender equity'?



Discuss the answer as a class:



# Cultural diversity





## What is Cultural Diversity?

Cultural Diversity or multiculturalism is a way to describe the presence of many different cultures in our country and world. It recognizes the presence and value of the learned behaviors, beliefs, and other characteristics of the many ethnic groups around the world and across our nation.

## **Cultural diversity:**

Write the date.

Concept: Cultural diversity in South Africa.

The class must be split into 2 groups. One group needs to argue that cultural diversity is a good thing. The other group needs to argue that cultural diversity is a bad thing.

You have 10 minutes to discuss your points in your groups (and do some real research) and the rest of the lesson to debate.

Page Reference: 183-185; 188-189; 192

**Exam Practice: Activity 2.1 pg 189**