

Jepppe High School for Boys



Grade: 8 Examination: Life Orientation

Date: 14 June 2022
Duration: 1½ Hours
Total Marks: 70
Examiner: J. de Lange
QC Moderator: B. Riskowitz and R. Riskowitz
Number of Pages: 7

Instructions:

- Complete the front cover of your answer booklet.
- Answer all of the questions in the answer booklet provided.
- Number in the middle of the page.
- Rule off after each section.
- The following are not allowed in the examination room: school bags, cell phones, smart watches, tablets, books, dictionaries, notes, sketches or paper.

Only the official examination material distributed by the invigilator is allowed.

SECTION A (COMPULSORY)

Answer ALL of the questions in this section.

QUESTION 1

1.1 Various options are provided as possible answers to the following questions.

Choose the most correct answer and write only the letter (A-D) next to the question numbers (1.1.1 to 1.1.5) in the ANSWER BOOK, e.g. 1.1.6 B.

1.1.1 Which of the following would be an ideal way for a visual learner to learn?

- A. Drawing charts and diagrams.
- B. Singing rhymes and chants.
- C. Doing and enjoying touching.
- D. Reading their class notes.

1.1.2 Harassment through an online platform is called:

- A. social hazing
- B. cyberbullying
- C. friendship
- D. peer pressure.

1.1.3 Substance abuse refers to:

- A. continued use of tobacco or alcohol and illegal drugs
- B. continued use of legal substances that make you feel good
- C. being dependent on something or someone that abuses you
- D. being dependent on a substance that makes you feel good.

1.1.4 An example of appropriate behaviour to stop and avoid substance abuse is:

- A. to take up hobbies and sports to find friends that are users
- B. to take only once a week to make you feel good about yourself
- C. to do volunteer work, it makes you feel good about yourself
- D. to play sports where substances are available to you.

1.1.5 Consent means:

- A. to agree to do something
- B. to go along with something
- C. to disagree with something
- D. to ask no questions about something.

(5X1) (5)

- 1.2 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question numbers (1.2.1 to 1.2.5) in the ANSWER BOOK.
- 1.2.1 A series of disagreements or arguments which may include verbal, physical and emotional abuse. (1)
- 1.2.2 Groups of people with similar problems or addictions who get together to talk about their problems. (1)
- 1.2.3 People in the community who are admired and looked up to, who inspire others. (1)
- 1.2.4 An end result that you want to achieve. (1)
- 1.2.5 A learner who retains knowledge and learns best using his/her eyes. (1)

TOTAL SECTION A: 10

SECTION B (COMPULSORY)

Answer ALL of the questions in this section. Write your answers in full sentences.

QUESTION 2

Read the extract below and answer the questions that follow:

Source: <https://twitter.com/nopeerpressure> Available from Teenactive

Self-concept formation

Don't 'BE' because you HAVE to ...

'BE' because you WANT to!

Being yourself is the better choice!

(Accessed 27 January 2022)

- 2.1 Give the definition of the term “self-concept”. (1X2) (2)
- 2.2 State TWO reasons why it’s important to be yourself. (2X1) (2)
- 2.3 Explain the importance of positive self-worth during one's teenage years. (1X2) (2)
- 2.4 Discuss TWO ways in which social media can negatively contribute to the self-concept that teenagers have about themselves. (2X2) (4)
- 2.5 Assess TWO practical ways that teens can ensure that they build a positive self-concept. (2X2) (4)
- 2.6 Recommend TWO ways that positive self-talk can boost your self-confidence and in doing so, your self-concept. In your answer, also indicate how this will allow teenagers to achieve certain goals set out. (2X3) (6)
- [20]**

TOTAL SECTION B: 20

SECTION C

Answer any TWO questions in this section.

Your responses must consist of paragraphs. Marks will only be allocated for responses written in full sentences.

QUESTION 3

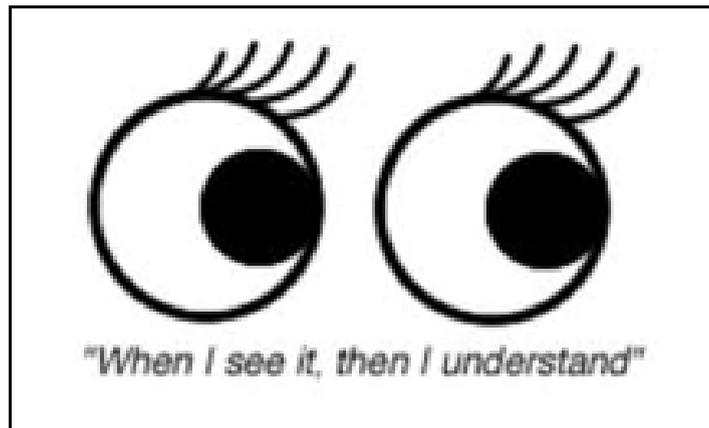
Read the extract below and answer the question that follows:

Source: *Anonymous*

Learning styles

Marcelo is in Grade 8 and has recently found out that he is a visual learner. Marcelo also enjoys listening to podcasts and watching videos on YouTube, leading him to believe that he may also be an aural learner.

Currently, his least favourite subjects are Natural Science and Mathematics and he is wanting to use learning strategies to improve his marks.



Construct an essay on Learning styles.

Use the following as a guideline:

- State FOUR different learning styles. (4X1) (4)
- Analyse the importance of knowing your learning style when it comes to preparing for exams. (2X4) (8)
- Critically discuss TWO practical aural learning strategies that Marcelo can use to improve his Natural Science and Mathematics mark. (2X4) (8)

[20]

QUESTION 4

Study the image below and answer the question that follows:

Source: Gordon, L. P. 2022. Available from: <https://kidshealth.org/en/teens/e-cigarettes.html>

Substance abuse

E-cigarettes are now the most frequently used tobacco product among adolescents — some 2.1 million middle and high school students were e-cigarette users in 2017 — far surpassing traditional cigarettes.

What Is Vaping?

Vaping is the inhaling of a vapour created by an e-cigarette or other vaping device. Vaping puts nicotine into the body.

E-cigarettes are battery-powered smoking devices. They have cartridges filled with a liquid that usually contains nicotine, flavourings, and chemicals. The liquid is heated into a vapour, which the person inhales. That's why using e-cigarettes is called "vaping."

Construct an essay on Substance Abuse.

Use the following as a guideline:

- State FOUR dangers that substance abuse pose to one's health. (4X1) (4)
- Analyse TWO ways that a teen can avoid becoming a substance abuser. (2X4) (8)
- Critically discuss TWO reasons why it is difficult for teens to refuse alcohol from their peers. (2X4) (8)

[20]

QUESTION 5

Study the image below and answer the question that follows:

Source: . Available from:

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Helping-Teens-Resist-Sexual-Pressure.aspx>

Sexuality

Group	Percentage
All Teens 13-17	17%
Teens Girls 13-17	21%
Teens Boys 13-17	12%
17-Year-Old Teen Girls	24%

© The National Campaign to Prevent Teen and Unplanned Pregnancy

Helping Teens Resist Sexual Pressure

“The pressure on teenagers to have sex is enormous,” says paediatrician Dr Ron Eagar, adding that kids often feel as if they’re caught in a difficult situation.

Construct an essay on Sexuality.

Use the following as a guideline:

- State FOUR emotional dangers that teens face if they engage in sexual activity from an early age. (4X1) (4)
 - Analyse TWO reasons why the media (including social media) may make teens feel pressured to engage in sexual activities. (2X4) (8)
 - Critically discuss how healthy relationships could assist in making wise choices around sexual activity. (2X4) (8)
- [20]**

TOTAL SECTION C: 40
GRAND TOTAL: 70

MEMORANDUM

Jeppe High School for Boys



Grade: 8
Examination: Life Orientation

SECTION A (COMPULSORY)**QUESTION 1**

- 1.1 1.1.1 **A** - Drawing charts and diagrams.(✓)
1.1.2 **B**- cyberbullying(✓)
1.1.3 **D**- being dependent on a substance that makes you feel good.(✓)
1.1.4 **C**- Doing volunteer work, which makes you feel good about yourself(✓)
1.1.5 **A**- to agree to do something(✓) (5)
- 1.2 1.2.1 **CONFLICT** (✓)
1.2.2 **SUPPORT GROUP** (✓)
1.2.3 **ROLE MODELS**(✓)
1.2.4 **GOAL** (✓)
1.2.5 **VISUAL LEARNER** (✓) (5)

QUESTION 2

- 2.1 Give the definition of the term “self-concept”. (1X2) (2)
● **An idea of the self constructed from the beliefs one holds about oneself and the responses of others. ✓✓**
- 2.2 Identify TWO reasons why it’s important to be yourself. (2X1) (2)

Any TWO of the below for ONE mark

- **So that you stay true to your values ✓**
- **So that you do not feel like you have to lie ✓**
- **So that you can set boundaries and your peers will know you are serious ✓**

2.3 Explain ONE importance of positive self-worth during one's teenage years. (1X2) (2)

Any ONE of the below for TWO marks

(i.e. ONE mark for statement and ONE mark for qualifier/explanation)

- **Positive self-worth for teens is important as it allows them to try new things, take healthy risks and solve problems✓ this will set them up for a healthy and positive future✓**
- **Taking pride in their accomplishments/achievements✓ this will assist them in feeling good about themselves and be more motivated ✓**
- **Accepting frustration and dealing with it responsibly✓ this allows teens to mature and not act out when things don't go their way ✓**
- **If they have a greater sense of self-worth, they will be more likely to try new things ✓ that will develop beneficial skills ✓**
- **Having a greater sense of self-worth will mean they are mindful of others ✓ this will allow them to help others when possible ✓**

2.4 Discuss TWO ways in which social media can negatively contribute to the self-concept teenagers have about themselves. (2X2) (4)

Any TWO of the below for TWO marks each

(i.e. ONE mark for statement and ONE mark for qualifier/explanation)

- **Social media can potentially make teenagers believe that they are not good enough✓, and make them feel insecure about their physical appearance✓**
- **Social media is a platform where you can say things you will not say face to face✓, so you may bully someone and lower someone's self-concept✓**
- **Social media might give impression everybody is in relationship✓, this makes you believe you are not good enough if you are not, and this contributes to low self-concept✓**
- **The advertisements, photos of friends/models/peers on social media gives perfect picture✓, this makes teenagers believe that they are not 'perfect'✓**
- **Social media are sometimes linked to higher levels of loneliness and anxiety✓, which have a negative effect on self-concept✓**

2.5 Assess TWO practical ways how teens can ensure they build a positive self-concept.* (2X2) (4)

Any TWO of the below for TWO marks each
(i.e. ONE mark for statement and ONE mark for qualifier/explanation)

- Identify and challenge negative beliefs ✓ This will assist in being logical about your accomplishments ✓
- Identify the positive about yourself ✓ This shines a light on what you are good at ✓
- Build positive relationships ✓ that build you up and accept you as you are ✓
- Engage in positive self-talk ✓ as this will reaffirm your strengths and abilities to yourself ✓

2.6 Recommend TWO ways how positive self-talk can boost your self-confidence and in doing so, your self-concept. In your answer, also indicate how this will allow teenagers to achieve certain goals set out. (2X3) (6)

Any TWO of the below for THREE marks each
(i.e. ONE mark for statement and ONE mark for qualifier/explanation)

- Positive self-talk increases your sense of self-worth ✓ and therefore boosts your self-confidence ✓
- Positive self-talk, continuously, can help you to achieve more ✓ because you believe in yourself ✓
- Positive self-talk motivates you and your outlook on life become more positive ✓ and helps realize your full potential ✓
- Positive self-talk influences your energy levels and relationships ✓, which positively influences your health ✓

[20]

QUESTION 3

Construct an essay on Learning styles.

Use the following as a guideline:

- State FOUR different learning styles. (4X1) (4)
Any ONE of the below for ONE mark
 - VISUAL / SPATIAL ✓
 - AURAL / MUSICAL ✓

- **KINESTHETIC / TACTILE ✓**
- **READING AND WRITING ✓**
- **SOCIAL ✓**
- **SOLITARY ✓**
- **VERBAL / LINGUISTIC ✓**
- **LOGICAL / MATHEMATICAL ✓**

- Analyse the importance of knowing your learning style when it comes to preparing for exams. (2X4) (8)

Any TWO of the below for FOUR marks EACH
(i.e. To be awarded the full FOUR marks for an ANALYSIS question: candidates must give a statement, (✓) elaborate on the statement, (✓) qualify the statement (✓) and give an outcome. (✓)

Knowing your preferred learning style:

- Gives you the best possibility to achieving well ✓ because you are learning in a manner that best suits you ✓. This will enable you to understand the work better ✓ allowing you to truly maximise your potential and be prepared for the exam. ✓
 - This can enable you to gain a better understanding of the content ✓ because you relate ✓ to it better, allowing you to retain the knowledge ✓ better leading you to your educational goals ✓
 - AORA (any other reasonable answer)
- Critically discuss TWO practical aural learning strategies Marcelo can use to improve his Natural Science and Mathematics mark. (2X4) (8)

Any TWO of the below for FOUR marks EACH
(i.e. To be awarded the full FOUR marks for an ANALYSIS question: candidates must give a statement, (✓) elaborate on the statement, (✓) qualify the statement (✓) and give an outcome. (✓)

- he can listen to her setwork books ✓ via an online streaming platform ✓ this will allow him to process the content better ✓ and help him learn the book ✓
- he can find podcasts ✓ related to the content in either subject. These

podcasts are only aural in nature ✓. This will assist him to hear the content in a direct way ✓ and allow him to better his marks ✓

- he can read his notes out loud and record them ✓ he can then replay them during free time ✓ and be able to clearly recognize and listen to the content ✓, allowing him to achieve better marks ✓
- he can create rhymes/songs ✓, which can be replayed ✓ and repeated, giving him an ideal way to learn/reaction ✓ the content and will help him remember the content during exams/tests ✓

[20]

QUESTION 4

Construct an essay on Substance abuse.

Use the following as a guideline:

- State FOUR dangers substance abuse poses to one's health (4X1) (4)

Any FOUR of the below for ONE mark

(i.e. ONE mark for statement and ONE mark for qualifier/explanation)

- Lung damage ✓ from inhaling vapour
 - Increases risk of addiction ✓ as e-cigarettes contain nicotine
 - Develop some forms of cancer ✓ this can lead to death
 - Increases risk of a heart attack ✓ which can lead to death
- Analyse TWO ways a teen can avoid becoming a substance abuser. (2X4) (8)

Any TWO of the below for FOUR marks EACH

(i.e. To be awarded the full FOUR marks for an ANALYSIS question: candidates must give a statement, (✓) elaborate on the statement, (✓) qualify the statement (✓) and give an outcome. (✓)

- Understand how substance abuse develops ✓ by doing research on different substances abuse cases ✓, which would give you a better understanding of the circumstances involved when abusing substances. ✓ This could assist them in avoiding risky behaviour ✓
- Avoid temptation and peer pressure ✓ by developing healthy friendships and relationships ✓ this will help in avoiding friends or family members who pressure you to use substances ✓ allowing you to use that time in a better manner ✓

- **Seek help for mental illness✓, from a professional or an educator✓. A professional will provide healthy coping skills to alleviate your symptoms✓ preventing you from turning to drugs and alcohol✓**
- **Examine the personal risk factors✓ by asking your parents about previous family substance abusers✓, several studies have shown that this tends to run in the family✓making you aware of family history of mental illness and addiction✓.**
- **Keep a well-balanced life✓ by practising stress management skills✓ that can be used in moments of stress✓ to help you overcome these life stressors and avoid using substances✓**
- **Develop goals and dreams for your future✓ These will help you focus✓ on what you want and distract✓ you from using drugs and help you realise that drugs and alcohol will simply get in the way of achieving your goal ✓**

- **Being aware of one's own boundaries✓ This will help a teen be aware of their morals and values✓ and can assist with sticking by them in pressured situations✓, allowing you to avoid using harmful substances. ✓**
- **Avoid pressure or negative influences✓by making friends who respect your boundaries✓ and what you are comfortable with✓ allowing them not to pressure you into taking drugs✓**
- **Be comfortable saying no ✓ in pressure situations where it is easy to say yes✓ This will make it clear to the person offering that you are not interested✓ and you will be confident to avoid using substances during those pressure situations✓**
- **Remove yourself from the situation✓ when you feel that you might be vulnerable to overuse asubstance✓ If they continue to try and persuade you, walk away and leave the situation entirely ✓. Sometimes the best way to prevent yourself from using is to get it out of sight and out of mind. ✓**

- Critically discuss TWO reasons why it is difficult for teens to refuse alcohol from their peers. (2X4) (8)

***Any TWO of the below for FOUR marks EACH
(i.e. To be awarded the full FOUR marks for an ANALYSIS question:
candidates must give a statement, (✓) elaborate on the statement,
(✓) qualify the statement (✓) and give an outcome. (✓)***

- They want to look cool ✓ by doing what their friends do ✓to fit into a peer group✓, and believe that if they refuse that they will be seen as a loser/ uncool ✓

- They feel pressure to do so ✓ by friends and family ✓ As everyone is drinking/using substances ✓ finding it difficult to stand out by not drinking ✓

[20]

QUESTION 5

Construct an essay on Sexuality.

Use the following as a guideline:

- State FOUR emotional dangers that teens face if they engage in sexual activity from an early age. (4X1) (4)

Any FOUR of the below for ONE mark each

- Depression ✓
 - Anxiety ✓
 - Lowered self-esteem ✓
 - Feelings of restlessness and worry ✓
 - Isolation and / withdrawal from friends and family ✓
- Analyse TWO reasons why the media (including social media) may make teens feel pressured to engage in sexual activities.* (2X4) (8)

Any TWO of the below for FOUR marks EACH

(i.e. To be awarded the full FOUR marks for an ANALYSIS question: candidates must give a statement, (✓) elaborate on the statement, (✓) qualify the statement (✓) and give an outcome. (✓)

- Could influence them to be overly sexual ✓ because of the content on TV ✓ displaying sexual behavior in many different contexts ✓ This could lead to them engaging in risky behaviour ✓
- Comments online may make teens feel judged ✓ for not engaging in sexual activity at certain ages ✓ This can lead to teens having a low self-esteem ✓ leading to risky sexual behaviour out of fear ✓
- The media displays sexual behaviour ✓ in different contexts, some contexts could be relatable ✓ leading to teens to feel pressured to

try tisky sexual behaviour ✓ This may make teens believe this is what they have to do in order to be cool ✓

- **The media rarely depicts sexually responsible role-models ✓ having sex seems like something that is normal in all teen relationships ✓ which entices teens to believe that it is normal ✓ leading to riskier sexual activity ✓**
 - **Social media often glorifies sexual activity ✓ making it seem to be something highly desirable ✓ causing teens to possibly make that the purpose for being in a relationship ✓ and using it to engage in risky sexual behaviour ✓**
- **Critically discuss how healthy relationships could assist in making wise choices around sexual activity. (2X4) (8)**

Any TWO of the below for FOUR marks EACH

(i.e. To be awarded the full FOUR marks for an ANALYSIS question: candidates must give a statement, (✓) elaborate on the statement, (✓) qualify the statement (✓) and give an outcome. (✓)

A healthy relationship:

- **is built on respect ✓ and mutually understanding each other. If one is respected, then their boundaries around sexual activities will be acknowledged and respected ✓ leading to positive engagement in sexual activity ✓ which leads to healthy choices when faced with circumstances of a sexual nature ✓**
- **Communication is essential in a healthy relationship ✓ Partners who openly communicate are likely to know where the other person stands when it comes to sexual activities ✓, therefore, no misunderstandings can take place ✓ and healthy sexual choices are understood and valued ✓**
- **requires Trust ✓ Having trust ensures that partners will remain loyal to each other ✓ and therefore not engage in sexual activities with other people ✓**

[20]